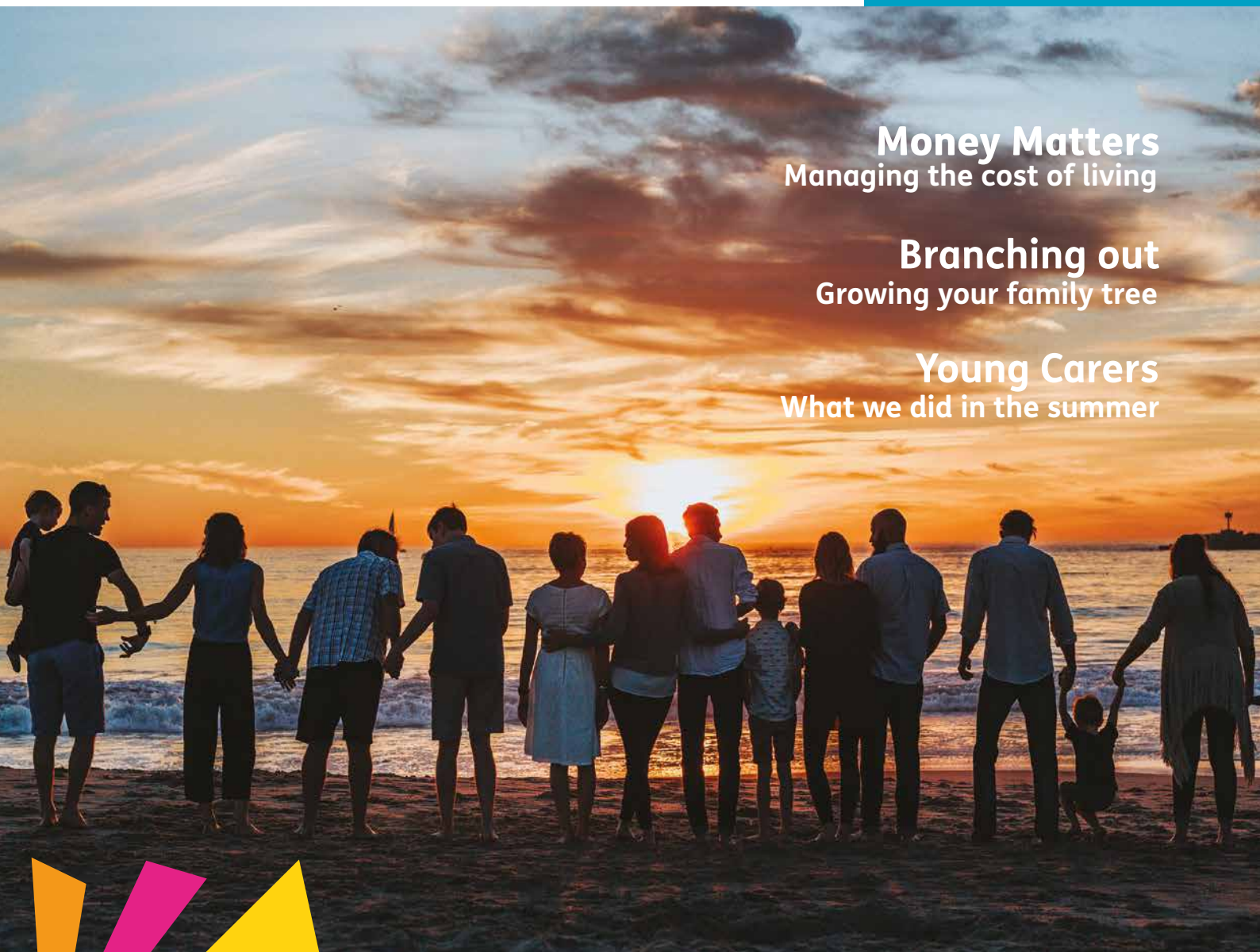


**Money Matters**  
Managing the cost of living

**Branching out**  
Growing your family tree

**Young Carers**  
What we did in the summer



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ISSUE



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## 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!**

Illustration: Ellie Amcock

## Dear Carers,



What a busy summer it has been... we had a wonderful Carers Week (p12) with a special *Be our Guest* event which gave 54 of you the chance to grab a little TLC with everything from neck and shoulder massages to poetry from our Young Carers and Lightening Bee reporters.

There was also a carers' Thank You afternoon tea and our Young Carers got involved in everything from kayaking with Grip Adventure to a music project courtesy of Inch Arts (p8-10).

Do you feel you're missing out or have decided now is the time to join in? Then you can take a look at our list of activities on p16. There really is something for everyone there, including meditation, yoga, gardening, flower arranging, walking and crafts.

We are especially delighted to highlight one activity that almost any Carer can get involved in and that is genealogy. Find out more from our feature about creating your family tree with the wonderful Pete Stuart. Who knows, you might discover that you're descended from royalty!

I am really pleased to be able to announce that by the time you read this our new website will be up and running and I hope you'll be visiting it regularly for updates and assistance. Don't forget. If you're worried about new technology then Devan is here to guide you. Computers play an important part in our lives and as many of you will know, they were essential during the worst days of the Covid 19 pandemic. They can also be a lifeline for anyone who feels isolated and stuck at home because of their carer role. So don't be shy; we can help you get connected.

Finally, I do understand that many of you will be so worried about the cost of living. On **pages 4-5**, you'll find some information about the forthcoming cap on adult social care costs, as well as some organisations that may be able to lend a hand if you are struggling on a low income. And a date for your diary – **November 24: Carers Rights Day** – a day which supports carers in their local community, where you'll get to know about your rights, plus information about how to get the help and support you are entitled to.

Wishing you many happy times over the end of the summer.

*Michelle*

**Michelle Grogan,**  
Chief Executive, Trafford Carers Centre

**If you have difficulty reading this newsletter, please download a PDF version from our website.**

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## GETINTOUCH

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# SUPERMUM Alert!

**F**OR any parent, there are major challenges of bringing up an autistic child, but Kerry Marfleet is truly a supermum.

Not only does she care for her 9-year-old autistic son Noah – as well as his 13-year-old brother, Ollie, and twins Poppy and Belle, aged seven – she also has to live with a debilitating illness.

"I am actually classed as disabled myself because I have a back condition. So things can be a challenge," reveals Kerry, who is also a volunteer for Trafford's STEP team supporting other parents with children either on the pathway to a diagnosis or with a SEND diagnosis.

"Ollie and the girls and Noah all support me – and Noah, Ollie and the twins are registered as young carers with Trafford as well, which they have hugely benefited from."

Noah has autism, a sensory processing disorder and a food condition called ARFID – a restrictive food intake disorder – but he is also a talented ice hockey player, which makes family life interesting.

"The day has to be very structured," explains Kerry.

"On a school day, the correct food has to be prepared the night before, as Noah only eats certain foods, we also have a thing where the uniform has to be prepared and warm so even on hot days, because of his sensory processing disorder, he requires his clothes to be hot when he puts them on. That means my morning is very busy. Everything has to be kept regimented. From the way the toothbrush and toothpaste sits on the side ready for Noah to clean his teeth to the amount of water that has to be in his cup, there's no room for error!"

"It's like always being on the best of your game. You can't let a ball drop because it's all going to come crashing down."

And it is the same regimented routine which has to be followed by the family at the end of the school day, as it is at the start.

However, in the evenings it's a different story. "Noah, Ollie and Belle play ice hockey for Manchester Storm Academy and Noah is also on the England pathway," says Kerry.

"Ice hockey is really a passion for the children, especially Noah so a lot of our evenings are taken up at Altrincham ice rink. The children

## CARER'S STORY

*"It's like always being on the best of your game. You can't let a ball drop because it's all going to come crashing down."*

train twice a week and also swim at Sale Leisure Centre. My role then becomes a manager of the team as I have to ensure the kit is in a certain way for Noah that the laces are a certain tightness and so on, ice hockey is his focus."

With so much going on in their lives, Kerry admits that she and her husband, John, have little time to themselves, which is why they were over the moon to receive a grant from Trafford Carers to enable them to take time out and celebrate their 10th wedding anniversary.

They chose to go to Copenhagen for two nights, assisted by Kerry's mum, stepfather and sister who looked after the children.

"The reason we went to Copenhagen was we felt that if we went somewhere like Chester and there was any slight problem we'd have gone back home, which has happened before when we tried to have a night away together. The children refused to go to sleep and we had to come home."

**Kerry and John have also been put in touch with Carefree Holidays for carers, who offer families who need a break, hotel rooms for an admin charge of £25. Find out more at: [www.carefreespace.org/take-a-break/](http://www.carefreespace.org/take-a-break/)**



# Managing the cost of living



From October 2023, the government will introduce a new cap on the amount anyone in England will need to spend on their personal care over their lifetime, plus other changes. Here's a rundown of what to expect

**F**ROM October 2023, the government will introduce a new £86,000 cap on the amount anyone in England will need to spend on their personal care over their lifetime. In addition, the upper capital limit (UCL), the point at which people become eligible to receive some financial support from their local authority, will rise to £100,000 from the current £23,250. As a result, people with less than £100,000 of chargeable

assets will never contribute more than 20% of these assets per year. The UCL of £100,000 will apply universally, irrespective of the circumstances or setting in which an individual receives care, making it a much more generous offer than a previous proposal in 2015. The lower capital limit (LCL), the threshold below which people will not have to pay anything for their care from their assets, will increase to £20,000 from £14,250. It is important that the new

reforms are clear and reduce complexity. Therefore, the government will introduce an amendment to the Care Act 2014 to the way that people within the means test progress towards the cap. This amendment, subject to parliamentary approval, will ensure that only the amount that the individual contributes towards these costs will count towards the cap on care costs, and people do not reach the cap at an artificially faster rate than

what they contribute. The much more generous means test is the main means of helping people with lower levels of assets. To allow people receiving means-tested support to keep more of their own income, the government will unfreeze the Minimum Income Guarantee (MIG) for those receiving care in their own homes and Personal Expenses Allowance (PEA) for care home residents, so that from April 2022 they will both rise in line with inflation.

The cap will not cover the daily living costs (DLCs) for people in care homes, and people will remain responsible for their daily living costs throughout their care journey, including after they reach the cap. For simplicity, these costs will be set at a national, notional amount, the equivalent of £200 per week in 2021 to 2022 prices. DLCs are a notional amount to reflect that a proportion of residential care fees are not directly linked to personal care, like rent, food and utility bills

and would have had to be paid wherever someone lives. This is in line with the Commission on Funding of Care and Support's 2011 recommendation. The £200 level is about £60 less in 2021 to 2022 prices than a proposal set out in 2015, ensuring people keep more of their income and assets.

## WHERE TO FIND EXTRA HELP

### Pension Credit

A very low uptake of Pension Credit has been identified across GM, with an estimated £4.5million unclaimed Pension Credit in Trafford alone. It is suspected that this is because of lack of awareness and perceived ineligibility.

GM will be launching a campaign in the near future to encourage uptake of Pension Credit. We will be acknowledging this in our 2022-25 Poverty Strategy and the expected increased demand in support people may need to complete the application process.

Further details about Pension Credit can be found on the Government website and if residents need support with the process, Trafford's Welfare Rights Team and Citizens Advice Trafford can advise. **Call Welfare Rights on 0161 912 2735 or email [welfare.rights@trafford.gov.uk](mailto:welfare.rights@trafford.gov.uk) and Citizens Advice Trafford on 0808 278 7803.**

### Bread and Butter Thing

The Bread and Butter Thing is a charity that makes life more affordable for people on a low income, builds stronger communities and reduces food waste by redistributing surplus food and non-food items. Its mission is to create a fair solution for people in poverty and aims to address the premiums people in poverty pay for food, loans, energy etc, simply because of their personal circumstances.

TBBT, founded in 2016, started with one van and five community partners. By 2020, it had grown to seven vans and 29 community partners. Drivers make 1,300+ deliveries over six days a week – 40,000 meals every week – and deliver every week of the year, giving members regular and reliable access to our service. Information on how people can sign up can be found at: **[www.breadandbutterthing.org/members](http://www.breadandbutterthing.org/members)**

### Benefits advice at Trafford Carers

Following a Carers Assessment or Review, we can provide benefit entitlement advice and support, advice around accessing pension credits, assistance to apply for the correct benefits and support to challenge incorrect benefit decisions to all unpaid carers registered with us, through support from our in-house Benefits and Welfare Advisor.

**Call our helpline on 0161 848 2400, option 1.**

### Taxi Vouchers

Travel vouchers are available for disabled people. You can find out more at:

**[www.tfgm.com/public-transport/travel-vouchers](http://www.tfgm.com/public-transport/travel-vouchers)**

### Too Good To Go app

Too Good To Go is a mobile app that connects customers to restaurants and stores that have unsold food surplus. More info at:

**[www.toogoodtogo.co.uk/en-gb/](http://www.toogoodtogo.co.uk/en-gb/)**

## MORE INFO

**[www.gov.uk/government/publications/build-back-better-our-plan-for-health-and-social-care/adult-social-care-charging-reform-further-details](http://www.gov.uk/government/publications/build-back-better-our-plan-for-health-and-social-care/adult-social-care-charging-reform-further-details)**



## KEEPING WELL with NURSE REBECCA



*Hi everyone!*

I would like to point you towards the NHS App. This is available and free for all smart phones through your regular app store and you can set up a log-in with your GP practice. Once installed, you can use it to order your repeat prescriptions, search for, book and cancel appointments, view upcoming GP and hospital appointments, check symptoms, view your medical records, register for organ donation, message your GP and view links they send you to read.

You can also find out how the NHS uses your data (and change your preferences) and you can do all of the above for the person you care for too. A brilliant and helpful one stop shop for ever busy carers!

*Rebecca*

## Talking MENOPAUSE

If menopause was a journey it would start at an unmarked departure point, include some very odd diversions, maybe go off the rails and arrive anytime within the next ten years.

Some people go through the menopause with no problem at all, while others find it a hellish cycle of hot flushes, anxiety, depression, irritability, low libido and more – and it can last years ([www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/6-things-to-know-about-the-menopause](http://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/6-things-to-know-about-the-menopause)).

The average age for the menopause is early 50s, but there is such a thing as premature menopause which happens as early as in your 20s. Also, it's not unheard of for women to have a baby in their early 50s, so if you don't fancy nappies and sleepless nights, use contraception!

### Menopause symptoms include:

- Irregular periods.
- Vaginal dryness.
- Hot flushes.
- Chills.
- Night sweats.
- Sleep problems.
- Mood changes.



- Weight gain / slowed metabolism.

If you do suffer from symptoms, be assured that there are ways you can alleviate them. You can visit your doctor and discuss HRT – Hormone Replacement Therapy, which replaces the female hormones oestrogen and progesterone that play important roles. And there are other ways you can be supported through this time of life.

### MORE INFO

Visit:  
[www.nhs.uk/conditions/menopause/](http://www.nhs.uk/conditions/menopause/)



### Be kind to yourself

You've come through the menopause which is no mean feat so don't punish yourself for not being the person you once were. There are post menopausal women out there enjoying life, love and their wellbeing to the full and a devil-may-care attitude to life can often work wonders.

### These include:

#### Herbs

Herbs such as black cohosh, dong quai, evening primrose, hops, Korean ginseng, linseed (flaxseed), red clover, St John's wort and wild yam can help with symptoms from hot flushes to insomnia.

#### Diet

Not only will eating more wholegrains, fresh fruit and vegetables and oily fish help with a whole range of post menopausal symptoms but they'll keep in check menopausal weight gain.

#### Boost calcium intake

Postmenopausal women need to alter their diet increasing things like calcium intake. Before menopause, you should have about 1,000 mg of calcium per day. After menopause, you should have up to 1,200 mg.

#### Exercise

Exercise involving a mixture of cardio and resistance training can be extremely effective in preventing osteoporosis and heart disease but it can also help to improve your mental wellbeing.

#### Lubrication!

Oestrogen creams can be effective in restoring elasticity in the vaginal area while lubricants will make sex more pleasurable.

#### Reduce stress

Choose a way to relax that suits you. Meditation and yoga are great ways to help you relax, but regular exercise such as a brisk walk, or dance class can work wonders in reducing stress levels.



## Caring for mum

**At** the age of 10, it's hard to believe that Matilda Cloherty has been caring for her mum, Helen, for more than two years.

In fact, when she started looking after Helen, who is in a wheelchair and has to live with a range of debilitating illnesses, Matilda didn't consider herself as a carer.

She was about five-years-old when her mother's illnesses became more serious. But she was there to help the best way she could and now she offers brilliant support in a variety of ways.

Says Helen: "She is very good. It is really comforting, especially if we go out and I'm in my wheelchair. She is always there, my little sidekick helping out."

Matilda is just doing what Matilda does, but her mum worries that she can be quite dependent upon her at times.

"Children don't always see it as caring when younger," explains Helen. "If you do jobs and stuff, you see it as part of growing up and nothing else, but it can be quite a responsibility for a young person to have a mother who is disabled."

Says Matilda: "I help to take the wheelchair in and out of the car

when my dad's not there, I help with the washing, doing the pots, I make my own lunch and I help do housework. I also remind my mum to take her tablets and reach for the things she cannot reach."

Matilda is also a great help when it comes to her 13-year-old sister, Charlotte, who has autism.

"With her sister, it's more that she needs to be calm around her and knows she shouldn't argue back and things like that," explains Helen. "Charlotte's autism is social communication and sensory. She's quite self sufficient, but can get upset." Another member of the family Matilda helps out with is the family's Lhasa Apso dog, Clover. "I help train her and I've helped her eat and pick her poo up," she says. Finding out about Trafford Young Carers means that now, when she has spare time, she can be amongst other children experiencing the same kinds of pressures.

Helen explains that it was only when Charlotte went to secondary school that they were made aware of Trafford Young Carers but now Matilda loves getting involved in the youth club and other activities.

Helen is so proud of both Matilda and Charlotte, who are always



there to help – which is a relief as her health problems have been worsening.

"I have several problems, but affecting my mobility is osteoarthritis, degenerative disc disease and Hypermobile Ehlers-Danlos syndrome (hEDS). It's been progressive," she says. "I have been on the menopause since a full hysterectomy at the age of 29, so it's just all gone downhill."

"Since I got older, the discs in my spine have started to disintegrate. I have a great employer – Lloyds banking group – and I'm supported by my family, including my husband, Brendon. I'm in a really lucky position; my problems could be much worse."

"I am very proud of Matilda and Charlotte is equally as helpful."





## Getting HEARD!

INCHARTS

**JASON BUTCHER of Inch Arts talks about their work with Trafford Young Carers**



### Can you tell us a little about Inch Arts?

Inch Arts are a community arts organisation supporting various creative activities and delivering quality arts opportunities. They provide studio spaces, courses, facilities, classes and workshops and promote positive mental health and well-being by focussing on passion, motivation and creativity. They bring people together to have fun, encourage them to be imaginative and make something new and enlightening.

### What is the music project the Young Carers are involved in?

The music project the Young Carers are involved in is framed as 'Hear Me'. The aim of this project is to enthuse Young Carers to enjoy owning, expressing and developing their ideas. To facilitate confidence, the creation of songs, music, soundscapes and spoken word pieces and record and produce them to a high professional standard. This will enable attaining Arts Award accreditation. The project will also give the Young Carers a wider arts experience through engaging with musical practitioners and attending performances.

### Who is involved and who runs the project?

Shay Garry, Senior Young Carers Officer at Trafford Carers Centre introduced six Young Carers to the project and they have been attending weekly two hour sessions over the past few months.

Jo Cushing (*pictured below*) oversees the project and has employed Josh Savage and Stan Scott to run the sessions. Both are music professionals who graduated from the Royal Northern College of Music and have experience of working with young people across various projects for other organisations.



### What do the Young Carers do when they attend a session?

The balanced approach of the sessions is to generate a learning environment that is a safe, healthy, social space. Greetings and a warm up are prioritised. So far the sessions have covered introductions to:

- Production
- Engineering
- Mixing
- Performance

"As well as talking about theory, we also discuss music's spiritual side and how to tap into creativity. For example, how can we create imagery with music, painting a picture in the listeners mind and creating emotion in music."

### Reports are that the project has been really successful – in what way?

"There's a great deal of potential within the group, and it's very encouraging to see them starting to form their own identities as music makers. If the mission was to create a space for our young participants to follow and nurture their ideas, then we are truly onto a winner. In my mind, the success of the project will be measured by the confidence in which the participants can create music and art. It's always very exciting to see what suggestions and creations they have up their sleeves!"



## School Holiday Activities

**W**HETHER it's been cooking, adventure, art or games, our varied programme of activities over the spring and summer have been a big hit with our Young Carers.

During Easter, two weeks of activities saw Young Carers taking part in Simply Cycling sessions, one at Longford Park and another at Wythenshawe Park, two Grip Adventure team games and watersports activities, a Trafford Tree Tops activity and finally a Vegetarian Society cookery session.

Our youngest Young Carers loved the Simply Cycling sessions and the Trafford Tree Tops activity demonstrated that some of our secondary aged Young Carers have nerves of steel as they ventured into the heights, while everyone loved the zip wire ending to the session.

Easter also saw us taking our first trip since Covid to the Vegetarian Society's Cooking School in Altrincham and boy have we

missed them. 11 Young Carers, aged 10 and above prepared and cooked some easy and affordable meals. As an added bonus the Cookery School provided them with a huge goody bag to take away which included all of the ingredients to prepare tasty meals at home.

During the Whit half term we also ran four activities including a Zoom session with Manchester Museum exploring its Egyptology collection while our Young Carers aged five to 11 got creative in a paint a pot activity at Minikins in Sale centre.

There were two more Grip Adventure sessions where as well as the usual watersports activities some of the older Young Carers got to try archery, this time with real arrows and for a real adrenalin rush they also took part in an axe throwing activity. Congratulations must go to Ayano who scored a perfect three axes into the board with his first three attempts.

Shay





# Saying yes to **YES!** Youth Engagement Service



**T**RAFFORD'S Youth Engagement Service (YES) has been supporting the sessions we have been doing with Grip Adventure via Street Talk, Trafford's detached and locality youth work team, which builds trusting, voluntary relationships with young people on the streets, community venues and in parks.

Leading the initiative is Andy Zilkha, who together with youth workers, Rachael Law and Danielle Vecht hold sessions with senior Young Carers as well as helping to finance the work being done by Grip Adventure.

Says Andy: "It is something I've wanted to do for some time, so when Grip approached us to help part fund some of the activities, as well as giving them a bit of financial help from our budget, we also wanted to allocate a couple of members of staff.

"So they would do the activity side and we would do the more informal education side. That could be anything – sexual health, relationships, gender identity – these are all the things we

tend to talk about but it's very much led by the young people themselves. The Young Carers group will have identified with Rachael and Danielle what it is they want to discuss and what their needs are and we will write a plan based on that.

"So we do all the social stuff and Glenn of Grip Adventure does all the adventure stuff which helps with the emotional side as well." Andy reveals that their collaboration will be an ongoing thing.

"I don't want to stop there with Young Carers. I've been asked to lead on this from a council perspective across children's services," he says.

"What we want to make sure is that all Young Carers have a suitable offer and we know who they are and that's a difficult thing because Young Carers do it without anyone knowing what they do.

"Then the other thing is developing the careers guidance side, making sure they are taking up an offer of education, employment, or training because I think that's complicated if you're thinking do I go to college or university? Does that fit in with the caring activities that I am undertaking?"

## MORE INFO

To find out more about Trafford YES and opportunities for young workers to join their team visit: [www.trafford.gov.uk/residents/children-and-families/youth-centres-in-trafford/Youth-Engagement-Service.aspx](http://www.trafford.gov.uk/residents/children-and-families/youth-centres-in-trafford/Youth-Engagement-Service.aspx)



## Thanks to our volunteers

We had a wonderful afternoon tea to celebrate volunteers week on June 11, a time to say a big thank you to all our amazing volunteers and recognise what a fantastic contribution they make to our charity. The event which was held at The Boathouse, Sale Water Park, a beautiful location overlooking Sale Marina, also gave volunteer befrienders a lovely opportunity to meet and mingle with the carers who lead our groups.

## New website for Trafford Carers

The new website is on its way and we hope you'll find a brilliant way to access services, advice and a whole lot more. In preparation for the launch, Devan Storey our Digital Inclusions Officer has been taking your ideas and comments on board to ensure that it serves your needs.

Said Devan: "The website is nearly complete and we are just adding the finishing touches. It should be live and functional at the beginning of August. We have asked carers what they wanted to see from our site, what needed improving which I think we have successfully managed! It's brighter, simpler to use and contains a lot of useful information. There are new additions to the previous website like 'what to do when caring ends,' 'help with your health' and 'help with money.'

We'd love to hear your thoughts about our new website – you can email us at [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk) with any feedback you have.

• [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)

## Carers Rights Day

**Thursday November 24** is Carers Rights Day, which supports carers in their local community informing them about their rights and how to find help and support, as having the right information at the right time can make all the difference when you're looking after someone.

To get involved, please email [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk) or call **0161 848 2400**.

PHOTO: Liza Summer / Pexels.com



# NEWS & Updates

## Caring for someone with dementia?

Are you a carer of someone with dementia? Cassie from GMMH is looking for carers who are interested in taking part in a research study investigating the effects of 'Empowered Conversations'.

The Empowered Conversations workshops are a free communication course for family carers looking after someone with dementia. The course is available either online, or face to face, and delivered over six, two-hour sessions.

Participants will be asked to complete a set of questionnaires at the start of the trial and after six months.

This is a randomised control trial and people will have a 66% chance of getting straight on the course with 33% being offered a place after six months.

• For more information, contact Cassie on **0161 358 2505** or by email [empowered@gmmh.nhs.uk](mailto:empowered@gmmh.nhs.uk)



# Our brilliant Carers Week!

In June, we celebrated Carers Week – an annual campaign to raise awareness of caring and highlight the contribution carers make to their families and communities throughout the UK. We wanted to thank you, our carers, and give you the opportunity to relax, sit back and be pampered.



**UR Be Our Guest** event took place on Monday June 6 at St Matthew's Hall, Stretford. Thank you to all 54 who attended!

We hope you enjoyed all the activities we had running on the day for you: hand massages, our roving Lightning Bee reporters, poetry from our talented carers, neck and shoulder massages from Jing, health checks with our Nurse Rebecca, benefit queries with our Welfare and Benefits Advisor Kerrie, information stands from Age UK and Trafford Achieve, bingo, performances from our Singing for Fun group and Lucy and her guitar, entertainment from our walk-around close up magician, our carer's art work display, not to mention the delicious afternoon tea provided by Uplift.

"We were very thankful that Jing, who is one of our registered carers, supported our **Be Our Guest** event by providing free neck and shoulder massages to those in attendance," said Jules Kennedy, Carers Support & Engagement Manager.

Jing, who was educated in Beijing Capital University of Medicine nearly 30 years ago, initially contacted us earlier this year to say that having benefitted from a massage session booked through our centre a few years ago, had started to think about what she could do to give something back.

Jing has kindly said that she will offer carers an acupuncture + massage session (1 hour treatment) at a reduced cost of £35 (discounted from £55).

Appointments are available for pain relief, stress and depression on Wednesdays and Saturdays and can be booked through Jing directly by texting **07397 268 696**. More information on her website: [www.jingtian.co.uk](http://www.jingtian.co.uk)

## Wellbeing Wednesday takeover

Wednesday June 8th saw our online 'Carers Week Wellbeing Wednesday Takeover'. I hope those that attended enjoyed Carole's bingo and Dave's quiz –

congratulations to the winners on the day: Lorraine, Sylvia and Carole!

Thank you too to Claire for the relaxing yoga you provided to help our carers feel relaxed and to Light of Hope who closed the session with a soothing meditation session.

We also would like to say a huge thank you to the following business and individuals who provided prizes for our raffle:

- Champagne from Sara Fixter at Full Circle Funerals
- A stunning necklace from Randall's Jewellers, Altrincham
- A £15 voucher from Entertainer, Altrincham
- £10 voucher from Wilko
- £20 voucher from Gift & Home, Altrincham
- A voucher from Rebecca Jane Beauty
- Tequila, Electric Toothbrush and Wireless Headphones from Tesco
- A £20 voucher from Uplift
- A hair voucher from Georgie Grzesiak
- Handmade Willow Bee from Des Gillan at Willow Goat

We're looking forward to next year already!

## JUST A REMINDER

If you would like to keep up to date with all our activities, events and news, then please do subscribe to our mailing list via our website, which is updated regularly with information.

# Family (tree) MAN!

Genealogy is the perfect hobby for a carer, says PETE STUART

If you've ever wondered about your family history but didn't know where to start then Pete Stuart is your man.

For the past 10 years Pete has been running Trafford Carers Genealogy Group, helping others to reveal the long buried secrets of their ancestors and he says it is the ideal pastime for anyone in a carer role.

"It works for anyone who has hours to spend and for others who have only minutes," he says.

"It's always there when you sign out of it and come back. And it works for groups as well as for individuals who can only work on it from home."

Pete came to genealogy after becoming a carer for his wife, Isobel, who was head cook at a school when she was struck by the virus transverse myelitis, inflammation of the spinal cord.

It's a condition which many people recover from but tragically, Isobel ended up in a wheelchair.

Isobel complained that her legs didn't feel like they were hers so Pete rang the hospital.

"They said 'can she move' and I said 'yes'. We only live two minutes away from Wythenshawe Hospital so they advised me to bring her in. She got dressed feeling strange and wobbly, got in the car and we took off. By the time we got



## MORE INFO

Find out how to join this Genealogy group and our other carer groups on page 14.

to Wythenshawe Hospital, she couldn't stand up to get out of the car, so I got a chair for her and wheeled her in and that was probably the last time she walked properly."

Isobel was sick for 13 years and Pete retired aged 60 to look after her. He hadn't been especially interested in genealogy beforehand but was looking for a way to pass the time.

"This came about because I was caring for her and basically I was in the house 24/7. But it was something I always wanted to know – who my family was. I bought a 12 month subscription for Ancestry and off I went. I'd not been doing it that long and the carers centre sent someone down to check my details and he said 'what do you do as a hobby?' I said 'I've just started genealogy and he said 'what's that?'

"I told him all about it and said it's really perfect for a carer, because sometimes I've got hours and other times I've got minutes.



"About a week later they said we're looking for groups for carers. Do you fancy giving it a go? So I said yes."

Since then Pete hasn't looked back. He has people in the group who have been with him from the start and others who have joined along the way. And of course, new members are warmly welcomed. Genealogy is all about the thrill of unearthing mysteries of long ago and over the 10 years he's been doing it, Pete has made a discovery about his own family.

"I'm the most boring genealogist ever. My surname is Stuart and I thought I'd be up in the Scottish Highlands leaping from mountain to mountain but on my dad's side going back to 1841 all my family have lived within a square mile of Manchester. I'm actually the person who has moved furthest. And I live in Altrincham!"

Not that it really matters to Pete as the most valuable thing he's got out of it is a bond with others

"We're not just a genealogy group," he says. "We are a group of friends who meet up twice a month, and twice a year go for lunch together."



If you want to find out more about our activities or are looking for alternatives happening nearer to you or perhaps on different days, I'd love to help you! All groups are free for our registered carers. Give me a call, or a text, on 07534 249 651 or send me an email: [jules.kennedy@traffordcarerscentre.org.uk](mailto:jules.kennedy@traffordcarerscentre.org.uk)



Jules

# Activities & Groups

## MON MONDAY



### Gardening Group

10am – 1pm  
Gorse Hill Community Allotment, Burleigh Rd, Stretford, M32 0QL

### Art Group

10am – 12noon  
St Matthews Hall, Chapel Lane, Stretford, M32 9AJ

### Getting To Know You Group

(for carers of someone with poor mental health)

First Monday of the month

1pm – 4pm

Blue Sci, 54-56 Seymour Grove, M16 0LN

### Meditation

Last Monday of the month  
2pm – 2.30pm

(with refreshments after until 3pm)

The Hope Centre, Hampden Rd, Sale, M33 7UB

### Singing for Fun

4.15pm – 5.30pm

Fiona Gardens, Atkinson Rd, Sale, M33 6GG



### Would you?

Like to volunteer to run a group for us? We're looking for volunteers to run a new Coffee Morning in the Urmston Area. Please get in touch if you'd like more information.

## TUE TUESDAY

### BAME Carers' Catchup

Third Tuesday of the month

1pm-3pm

Blue Sci, 54-56 Seymour Grove, M16 0LN

### \*NEW\* Walking Group (with Mile Shy Club\*)

10am Partington - Meet at Partington Family Medical Practice

11.30am Stretford - Meet at Victoria Park Community Centre

1pm Sale - Meet at Coppice Library & Wellbeing Centre

\*Sign up at [www.mileshyclub.com/referralformwalking](http://www.mileshyclub.com/referralformwalking) and waive the £2 fee by stating that you are registered with Trafford Carers Centre

## WED WEDNESDAY

### Wellbeing Wednesday

10am – 11am

via Zoom – Meeting ID: 923 5162  
5180 Password: aKae87

### \*NEW\* Walking Group (with Mile Shy Club\*)

1pm Old Trafford – Meet at Limelight, 1 St Brides Way

11am Urmston – Meet at Lily's Café, Eden Square

### Toy House Support Group

1pm – 3pm

The Toy House, 91 Irlam Rd, Urmston, M41 6DU.

Call 0161 746 8185 for details

### Genealogy Group

First & Second Wednesday of the month, 1pm – 3pm

Broomwood Community Centre, Mainwood Rd, Timperley, WA15 7JF

### Flower Arranging

Last Wednesday of the month

1pm – 3pm

Coppice Library & Wellbeing Centre, Sale, M33 4ND

## THU THURSDAY

### Carers Chatty Café

First & Third Thursday of the month, 10am – 12noon

The Life Centre, 235 Washway Rd, Sale, M33 4BP

### \*NEW\* Knit and Natter

First & Third Thursday of the month, 11.30am – 1.30pm

Café in the Park (Activity Room), 40 Mayors Rd, Altrincham, WA15 9RP

### Stretford Public Hall Carers Group

Second Thursday of the month  
12.30pm – 2pm

Stretford Public Hall, Chester Rd, Stretford, M32 0LG. (Call 0161 989 1689 or email [emma@stretfordpublichall.org.uk](mailto:emma@stretfordpublichall.org.uk) for details)

## FRI FRIDAY

### Craft Group

10am-12noon

Urmston Library, 34 Golden Way, Urmston



• If you would like to attend any of the activities above, please register by emailing [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk) or phoning 0161 848 2400 before attending so we can alert you of any changes. Or join our social media pages: Facebook / Instagram / Twitter: @traffordcarers.

## Carers' Self-review



## HEALTH FORM

As carers we tend to forget ourselves and any health issues we may have but from time to time we need to check in and make sure we are doing okay too. With that in mind, we are asking our registered carers to fill in this form which can be posted back to us at: Trafford Carers Centre, FTAO: Carers Nurse, Springfield House, 9 Springfield Rd, Sale, M33 7XS.

Name:

Email:

Contact number:

Date of birth

Height: (Feet/inches)

Weight: (Stone / pounds)

☐ Please tick this box if you would like our nurse to contact you about your Health Review, so we can provide you with any further support or help that's needed.

### Blood Pressure

If you have access to a blood pressure machine, please complete the following:

\* If you'd like further guidance on how to take your blood pressure, please visit:

[www.nhs.uk/conditions/high-blood-pressure-hypertension/diagnosis/](http://www.nhs.uk/conditions/high-blood-pressure-hypertension/diagnosis/)

Date and Time of readings:

Heart Rate Reading (beats per minute):

Systolic figure reading (top number):

Diastolic figure reading (bottom number):

### Smoking status

Smoker

☐

Never smoked

☐

Ex-smoker

☐

If you are a smoker, would you like support to help stop? Y ☐ N ☐

### Mental Health

Would you like further support around your mental health? Y ☐ N ☐

### Sleep

Would you like further support around your sleep? Y ☐ N ☐

### Caffeine Intake

How many drinks do you have daily that contain coffee? (Tea, Coffee, Green tea etc)

### Alcohol

Would you like further support around your alcohol intake? Y ☐ N ☐

YES NO

☐ ☐

I give consent for the above information to be uploaded on to my file, in-line with Trafford Carers Centre privacy policy.



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.

## DONATION FORM

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, Springfield House, 9 Springfield Rd, Sale, M33 7XS**

*giftaid it*

### 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.

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