



Addiction
How to manage it

In the Frame
Young Carers get arty

Learn your way
We show you how

IN
THIS
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 Awcock

Dear Carers,



Spring has arrived and while it is a hopeful time of the year, carers will still be tasked with your regular duties, often putting the person you look after before your own needs.

So many of you do this, and we are filled with admiration for every single one of you, but quite often not taking care of yourself can have an impact on your own wellbeing.

Keep in mind the old saying "who looks after the carer?" and the answer is YOU. If you recognise you can't cope, or are getting into financial difficulties, Trafford Carers can point you in the right direction for help, so always get in touch with us, whatever your problem may be.

The difficulties of coping alone can't be underestimated and one way carers try to overcome this is through substance abuse. There are many out there who reach for a few glasses of wine at the end of a heavy day to help them relax, or find themselves taking drugs (prescription or otherwise) to take the edge off things, however, when drink and drugs become a regular thing and you find your life is spiralling out of control, it's time to take action.

We understand how this can happen, and how secretive and shameful addiction can be, but you don't need to suffer in silence. Turn to **pages 4-5** for our article on addiction, featuring the Trafford Early Break organisation and if you can, prepare to take those first steps to recovery.

Another major way in which we try to help is to give you the 'tools' to deal with life as a carer and one of the newest initiatives we have is our Learn My Way online courses. These are 15-minute interactive online sessions which help people do everything from navigate the internet to learning to manage money online for budgeting. You can find out more on **pages 12-13**.

Also in this issue, there's our inspiring carer's stories, to the variety of activities our Young Carers have been enjoying over the past few months – and will continue to do so – so make yourself a brew, sit back and enjoy our May-July issue!

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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GETINTOUCH

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“Being registered with the Emergency Card Scheme is very important. It means that if something happened to me, the alarm could be raised to report that there was another person who needed help in my absence”

Getting CONNECTED!

I hate it with a passion,” says Ann Griffiths. “It’s the worst conversation stopper ever.”

Ann isn’t a fan of the internet, but she’s faced up to the fact that in these days of Zoom calls and internet shopping it’s a necessary part of life, which is why when she and husband Nigel were offered the chance to get tech savvy, courtesy of Trafford Carers’ Digital Inclusions Officer, Devan Storey, they took the plunge.

Since 2014 Nigel has suffered from a series of strokes and TIAs which Ann says are the result of radiation treatment he had as a boy.

“In 1977, he had serious brain surgery and a tumour removed, followed by 38 days’ radiation treatment. 38 days!” says Ann.

“Back then they just used to blast you with it, but now he’s suffering the consequences.”

Illness and Covid 19 had prevented Nigel from seeing his mother who is in a care home in Suffolk, so getting online became a priority for the couple.

“Nigel’s brother had bought us a Facebook portal so we could keep in touch, but one day I switched the thing off by mistake and it didn’t work, so we were unable to speak to Nigel’s mum,” explains Ann.

“There was nothing we could do to get it to work and no one to help, but the first thing Devan did was put it back on for us.

“For the first time in months we were able to talk to Nigel’s mum. It was very, very emotional. Even Devan was emotional.”

Once Devan got Ann and Nigel connected she began to teach them how to make use of the internet.

“She showed us how to do shopping, Zoom and she’s started us on WhatsApp for telephoning and so we can send and receive pictures from Nigel’s brother and sister. It means we are not out of the family loop,” says Ann.

“Devan’s been wonderful. She’s helped us with all of that. She’s marvellous.”

Both Ann and Nigel were in the nursing profession before Nigel began suffering debilitating strokes and Ann found she had a painful

condition called fibromyalgia. They joined Trafford Carers in 2014 and one of the first things that impressed the couple was being advised to go on the National Register of Carers.

“Being registered with the centre’s Emergency Card Scheme is very important. It means that if I was outside and something happened to me, the number on the card could be called to raise the alarm. They would be able to access information about where vital medication was kept in the house and location of the will. It’s invaluable and one day it could even save a life” says Ann.

“You are reassured you’ll get help in an emergency situation and gives you something money can’t buy. Peace of mind.”

Devan explains: “I help with anything digital, for example from assisting people to set up and navigate their emails, to learning how to use a camera; however, most people want to learn how to set up Zoom.

“We also have a tablet loan scheme for those who would like to try using a digital tablet. People don’t need to have wifi, we have tablets which connect to 3G too. People can get in touch via my email: devan.storey@traffordcarerscentre.org.uk or by calling the helpline on **0161 848 2400.**”



Managing ADDICTION

As a carer you can be overwhelmed by almost everything.

Looking after the day-to-day needs of a loved one, money worries, depression, everything can get on top of you and it may be that you reach for something to help you relax. However, recreational drug or alcohol use, or even prescription medicine can become a problem when you come to rely on it all the time.

WHEN your life revolves around another, you often forget to look after yourself and if substance abuse is brought into the mix, the impact will not only be financial and emotional, but will also affect your family. It's a fact that many young adult carers, and carers under 18, are caring for someone with substance abuse or alcohol problems – often a parent.

Of course, if you are someone who misuses alcohol or drugs you probably won't want anyone to know about it. Most addicts are secretive as there is a lot of shame and stigma surrounding addiction, but there are groups out there who understand all this and are ready to help without looking down on or passing judgement on you.

One group providing support and help is **Trafford Early Break** (www.earlybreak.co.uk)

The organisation is a charity which was founded in Bury in 1994, as a young person's specialist substance misuse service and the family service was piloted in 2006. Following growth Early Break launched in Trafford four years ago, offering Children, Parents and Families affected by substance use. They offer:

- Weekly one-to-one sessions for children
- Fortnightly group work sessions for parents (this could be weekly in a prison setting or if one-to-one sessions with parents are more intensive at the start/end)
- Fortnightly one-to-one sessions for parents
- Two start and end one to one sessions for carers
- Five group work sessions for carers
- Family meetings
- How to Argue Better
- Family sessions and celebration day

Their work is child focused which means that it is all centred on the needs of young people and how it is affecting them.

The aims are to communicate better as a family and build strong relationships, understand how substance misuse impacts on children and help them to express their feelings and wishes. Trafford Early Break also helps families to access wider support, for example: housing, benefits and debt relief as well as emotional and physical health needs

Katrina Bryant of Trafford Early Break explains that they offer a six month programme involving 1-1 and group sessions.

“First of all we’ll do an assessment with the parent focusing on any needs they have and refer them for support from, for example, Trafford Carers, or support relating to mental health, while the adult drug and alcohol service (Achieve) will work with the parent on their substance misuse issue issues for example, looking at prescribing, SMART Recovery, Intuitive Recovery or even refer them for detox and/or residential rehab.

“Secondly we’ll do group sessions, looking at different topics. There

are 10 group sessions (throughout the six months). We also work with the child who will talk about the way they feel, what’s going on in their life and what they would like to change.”

During the six months, children have their own worker who will see them regularly in a safe and suitable place such as school.

Nobody will know about it unless the child chooses to tell them.

The sessions can be creative and children are encouraged to express their thoughts and feelings by playing games and doing activities such as drawing and painting.

Because the work Trafford Early Break does is focused on entire families who might have up to four or more children each in need of individual sessions, there are only 15 places available every six months and the next will be in September.

Carers who believe they might benefit from these sessions are welcome to contact Katrina at:
kbryant@earlybreak.co.uk



PHOTOS: Mehr Pouya, Sales Solutions / Unsplash

How do you know you have a problem?

These are different levels of substance misuse, explains **KATRINA BRYANT** of **Trafford Early Break** . . .

EXPERIMENTAL

You try it once or twice. Maybe with friends.

RECREATIONAL

You do it once a month but it’s not having any impact on your life. You do it for ‘fun’.

PROBLEMATIC

Beginning to have a negative impact on your life, you may start to build a tolerance to the substance.

DEPENDENCE

This is where you are physically dependent on the substance. You will experience psychological or physical withdrawal from the substance.

Basically you know it’s causing problems if it is having an impact on your life or those around you, (such as the person who loses their driving licence after drinking, your physical health is affected, friends, family are worried) or simply when the problems it causes outweigh the benefits.

If you feel you have a problem, you can get in touch with your GP, or failing that, as well as Trafford Early Break, there are many charities you can turn to for help with addiction.

Greater Manchester Mental Health (GMMH) work with users of all substances, including alcohol, new psychoactive substances (NPS) and performance and image enhancing drug users.

They offer a wide choice and range of services to promote recovery and meet the needs of families.

Find them at:

www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=6yYbE_GEEBc&newyouthchannel=0



KEEPING WELL with NURSE REBECCA



Hi everyone!

A little introduction for any new carers, my name is Rebecca and I'm Trafford Carers Centre's Nurse. As a carer myself, I understand that caring for someone can be rewarding, but also tiring, putting a lot of demands on your physical and emotional energy. When you are simply coping day to day and responding to others' needs, it's easy to forget your own health needs. Research shows that caring for others can have a major impact on a person's health and wellbeing. If you are a carer, you are more likely to be in poor health – both physically and mentally – than people without caring responsibilities.

I aim to promote the health and wellbeing of carers. Working directly with carers, I develop individual strategies for each carer, and aim to reduce the strain their caring role can have. I provide appointments from our Sale office and work regularly from Partington Health Centre. I can also do home visits at a time to suit carers' needs.

If you would like a **health check**, please call **0161 848 2400**. I look forward to meeting you.

Rebecca

Men's Health Week | June 13-19

Statistics show men are more likely to smoke, and smoke more than women, eat too much salt and red meat, drink to dangerous levels and not eat enough fruit and vegetables. As a result one in five men die before they are 65-years-old, with heart disease a big killer. Men are also more prone to diabetes and being overweight.

Mental health is also a major issue, with four out of five suicides being men.

If you aren't looking after yourself as well as you could be, **Men's Health Week** can be the catalyst you need to make changes to your lifestyle.

Find out more by visiting:
www.menshealthforum.org.uk/



Guilt and resentment

May brings Mental Health Awareness Week, I wanted to highlight an area which is all too common within the caring role, coping with guilt and resentment.

Coping with guilt and resentment

Caring for someone can be very rewarding and can bring you closer together, but it can also be challenging and sometimes upsetting. Many carers can all too easily get caught in a cycle of resentment and guilt – resentful their life is no longer their own, and guilty for feeling that way. It is important to acknowledge these feelings and not bottle them up. It's also important to look after yourself.

Your feelings

Resentment

It is normal to feel resentful that your life is maybe not the one you imagined. Perhaps your relationship with the person you care for has changed and you miss how it used to be. The person you are caring for may not always seem to appreciate what you do for them. You are bound to be affected by this.

Guilt

You may feel you should be doing more, or something better, in terms of your caring role. Then you feel guilty because you "aren't doing a good job". Remember too that in some situations the person you are caring for may also feel guilty. It is possible they feel guilty about being a "burden" or they see the effect caring has on your life.



Supporting yourself

It's important to find time to rest and energise, even if it's going for a walk, listening to music or watching a favourite film. The main thing is not to push those feelings away – it is important to allow yourself to feel these perfectly normal feelings and not get overwhelmed with guilt.

Help from others

Talk about it to the person you are caring for or to someone else you trust. or talk to friends and family. Let them know how you are managing and ask for support and help.

If you don't feel able to share these feelings with friends and family, talking to other carers can help. They will be familiar with what you are going through and may suggest solutions that have worked for them. Our **Wellbeing Wednesday Carers Zoom Session** (details on pages 12 & 14) is an ideal way to connect with other carers.

Give us a call on **0161 848 2400**, or visit our website: www.traffordcarerscentre.org.uk for more information, or www.carersuk.org also has lots of useful advice.





YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE

Sibling support

WHEN 12-year-old Miya Singh needs comfort and support, there's no one better for her to reach out to than her younger brother Nishan.

He may be only 10-years-old, but Nishan understands the difficulties his sister faces as an autistic person living with a range of conditions.

Nishan's mum Balwinder explains: "Miya has autism and also has severe anxiety as well as delayed development and ADD. She struggles with social communication skills and this triggers her anxiety."

"I think that's why Nishan has a massive role as a young carer. They are both similar ages and if he sees Miya having a panic attack or is struggling in some way, he is the person she can go to for care and support. He is also able to spot when she's on the brink of becoming agitated and is able to diffuse the situation."

There are many ways in which Kings Road Primary School pupil Nishan helps with the day-to-day care of his sister, says Balwinder.

"He colours with her and helps to remind her when to take her medication, he also helps with

tidying up and making her bed, even though that is a task both children are expected to do themselves. He always asks if it's OK for him to do it.

"He is so thoughtful and caring and I'm not just saying that because I am his mum. He gets praise from his teachers and when we go to the Sikh temple people say how well mannered, how responsible he is because he's always helping the elderly in the temple. They say he is a very lovely boy."

Nishan says that caring for his sister, who goes to St John Vianney Catholic School "makes me feel I am doing something good in the world."

It was when Balwinder was referred to Trafford Carers that she heard of Trafford Young Carers and thought it would be a good thing for Nishan, who now attends a whole range of after school activities, including the Wednesdays sessions with Grip Adventure with Trafford Young Carers.

Says Nishan: "At Grip Adventure we do lots of activities, things like table tennis, football, and also canoeing and I had the first experience I ever had on a boat."



"I very much enjoy everything I do."

Balwinder says after-school classes are a way for Nishan to have a life beyond being a carer.

"I want him to have a bit of independence and a separate life outside the family," she explains. "It's full on at home and they give him another outlet."



Getting ACTIVE!

February Half Term Activity Programme

WOW! We're impressed with our Young Carers who have thrown themselves into all the activities we've had on offer over the past few months.

It was the first time we ran something each day, in addition to four evening activities a week – two Zoom and two Grip Youth Club Sessions. Again, this was a first and we are hoping that there'll be something to appeal to everyone as the summer activities programme heats up.

We offered out 78 places of which 53 Young Carers attended one or more of the sessions with 13 Young Carers in attendance who had not attended any previous face-to-face sessions – that's 25% of the total number.

We were also able to support five Young Carers who had no access to transport to enable them to get to the sessions.

"We were able to run the two sessions with only myself supporting from Trafford Carers Centre as the sessions were adequately staffed by Grip Adventure Youth Workers," explains Shay Garry, our Senior Young Carers Officer.

"A big thanks to Devan Storey, Trafford Carers Centre's Digital Inclusion Officer for supporting the Total Ninja and Bowling Sessions."

"All sessions went very smoothly and without incident and we received some good feedback from parents."



MONDAY

4.30pm to 5.20pm

Primary Aged Young Carers Zoom Social – bingo and quizzes

5.30 to 7pm

Secondary Aged Grip Adventure, Young Carers Youth Club Session

WEDNESDAY

5.00 to 6.30pm

Primary Aged Grip Adventure, Young Carers Youth Club Session

THURSDAY

6pm to 7pm

Secondary Aged Young Carers Zoom Social – bingo and quizzes

YOUNG CARERS ACTION DAY



Action Stations



This year **Young Carers Action Day** took place on 16 March and to mark the occasion, a group of our Trafford young carers who are part of our Lightning Bee reporting team were **Taking Action on Isolation** – by creating two awareness videos that showed what they do to get a break from their caring responsibilities.

In the first video, reporters Tristan, Kirsty and Maria spent the day in Sale putting together a script, storyboard and film, then starred in their own video, talking about the importance of having time to do the things they enjoy like reading, art and parkour!

Tristan said: “I care for both of my parents, but I still make time for what I enjoy to do, which is parkour. It just lets me be free and be me.”

The second awareness video was hosted by reporter Atikah, who wanted to highlight where young carers in Trafford can find some support and respite from their caring role. She visited Trafford Young Carers Youth Club Session held at Grip Adventure’s base in

Sale, which provides activities and a safe and comfortable environment for young carers to meet and socialise with other young people who have similar experiences.

Lily who was interviewed for the video said: “I enjoy going to Grip Adventure to socialise with people who have had similar experiences as it makes it easier to talk about it if you want to or just have fun!”

Devan Storey, Digital Inclusion Officer for Trafford Carers Centre and project lead for the Lightning Bee reporters, said: “Young Carers Action Day was all about tackling isolation with young carers and the reporting team did an amazing job of putting together these awareness videos which we hope will go a long way to getting other young carers to socialise and also to raise awareness in schools.”

The videos were shared on social media and can be viewed on the new Trafford Carers Centre YouTube channel, they even made it on to the Carers Trust website.

Well done team!





Artful display!

ARTWORK created during Emma Evans' art sessions have been taking pride of place at John Lewis's Community Café at the Trafford Centre.

Eight young carers had their art put on display thanks to John Lewis Partner & Community Liaison Coordinator Carole Hartley who explained how the exhibition came about.

"Over the past eight years, we have had a Community Art Wall in our customer cafe, The Place to Eat. We invite local charities and community groups to display exhibitions for about six weeks at a time.

"It brightens up our cafe for our customers and at the same

time brings awareness of local groups to our customers' attention."

"Working closely with our local community is part of our purpose at John Lewis and Waitrose. We work together to create a successful business and a fairer, more sustainable future for our Partners (staff), customers, suppliers and communities."

Carole was impressed by the art produced by the Trafford Young Carers whose work was put in pride of place on the walls of the cafe.

She said: "I really love the vibrance of this project, the fact that it has the young people's thoughts and feelings in the artwork really shines through.

"We have had lots of positive comments from both our customers and Partners."

As well as exhibiting the art works, John Lewis Trafford has worked with Trafford Carers in the past helping set up the Sale Charity shop and wellbeing centre and during the start of the Pandemic they donated funding to help families buy school uniforms.

They donated chocolates and gifts to the carers during Volunteer Week and collected Easter eggs to give to some of the young carers for Easter.

"We feel the charity does such amazing work supporting the Carers that we enjoy being able to help with little extras where we can," said Carole.



Join us for CARERS' Week

JUNE 6-11



With covid restrictions impacting our plans for Carers Week celebrations for the last 2 years, we are delighted that this year we can finally return to some normality with face-to-face celebrations being put firmly back on the map!

However, we have learnt from the pandemic restrictions that online get-togethers still work for those carers who may struggle to leave the house and for this reason we are offering a mix of celebrations both out & about and online this year, all offered for free!

MON MONDAY 6 JUNE

'Be Our Guest!': Afternoon Tea & Entertainment

Join us at St Matthews Hall in Stretford between 11am – 3pm for a day of entertainment, fun activities and sit-down afternoon tea.

WED WEDNESDAY 8 JUNE

Wellbeing Wednesday online: Carers Week Take-over

We'll be taking over our regular weekly Wellbeing Wednesday to bring a positive start to your day! Join us from 10am – 11.30am for bingo and a quiz, followed by wellbeing yoga and a taster meditation session.

This will be an online event, so you can join us from the comfort of your own home.

You will need access to zoom to join in.

SAT SATURDAY 11 JUNE

Carers Fest

Hosted by Gaddum who provide support to carers in Manchester and Salford, Carers Fest will see carers from across the whole of the Greater Manchester region come together at Old Trafford Football Stadium on Saturday 11th June, 11am – 4pm.

The event will be designed by carers for carers with plans for fun activities, workshops, information and advice being worked on at the time of this newsletter going to print. Free refreshments and lunch will be available too.

Morning, afternoon or all day tickets are free and will be made available via Eventbrite, the link will be available on the Gaddum website: www.gaddum.org.uk. The tickets will be going live at the start of May.

Please note that tickets are limited.

If you would like to join us at our Monday & Wednesday Carers Week events as detailed above, please get in touch by calling our main helpline number: **0161 848 2400** or by emailing info@traffordcarerscentre.org.uk

Spaces are limited so do get in touch early to request your place.

For the Carers Fest event at Old Trafford Football Stadium, please use the Eventbrite booking link on Gaddum's website (www.gaddum.org.uk) to request a place.

OVER TO YOU!



We're HEARING you!



Our own **LIGHTNING BEE REPORTERS** have been busy behind the scenes working with Kirsty from Yellow Jigsaw to create content for our newsletter. If you'd like to join our friendly reporters or have an article you'd like us to consider for a future newsletter, do get in touch! And many thanks to **CAROLE** and **CHRIS** for their articles below!



CAROLE DIGGLE, a member of the centre, which has supported her through her time as a carer and has helped her to deal with the loss of her husband, John, tells us about her experience of using the Wellbeing Wednesday sessions that are offered on Zoom.

Wellbeing Wednesdays - a true lifeline

"During the Covid-19 Pandemic, what a lifesaver the Wellbeing Wednesday sessions were for me. I'd have been in a far worse state than I am now without this wonderful service.

The sessions are held over Zoom on Wednesday mornings from 10am to 11am and we have a general chat between each other, guided by Nurse Rebecca, who also gives us little talks on **5 Ways to Wellbeing** and other helpful tips and tricks.

All the members of the group are carers, or past carers. I was a carer for my husband John, who passed away in August 2019 after a long time being unwell with several different illnesses, all vying against one another. I cared for him full time from 2008, to when he was admitted to hospital in June 2019. He sadly didn't come home, and died in the hospital.

At first, I did not believe I was a carer and thought I was just doing what a loyal wife does for her husband. When I signed up to Trafford Carers Centre though I realised the work I was doing for my husband was well beyond wifely duties.

Trafford Carers Centre and the Wellbeing Wednesday sessions are a true lifeline to the outside world. The group has grown over the last twelve months with new people attending. There are quite a few members that have lost their partners now so we all help each other with the bereavement.

As I had been bereaved in 2019, I recognised one of the ladies going through the same cycle of events I had been through when my husband was ill and in hospital. Following the passing of the lady's partner, I offered to be a listening ear to her and

told her she could phone me whenever she needed a shoulder to cry on. This has happened with a few others in the group since as well.

All in all, without the Wellbeing Wednesday Zoom sessions, all the members of the group would be lost, isolated and alone.

It is remarkable that such a simple medium on the internet brings everyone together in their various homes and we can chat openly to one another with support and kindness.

It is a well-recommended group and open to new members in need all the time."

MORE INFO

See details of this, and all our other activities, on p14



And here's
a poem by
carer
CHRIS
JACKSON

Day of Care: A Life of Love



Bad sleep, not a peep,
Up and down the stair,

You wonder why you do it,
You do it because you care.

Wash, dress, mum in distress.
Is it really fair?

You wonder why you do it,
You do it because you care.

Mum is no pest, I get some
rest,
Which is kind of rare.

You wonder why you do it,
You do it because you care.

Lovely day, but I can't play,
I'm craving some fresh air.
You wonder why you do it,
You do it because you care.

Mum wants her shoes, I'd love
a snooze,
But I can't find a pair.

You wonder why you do it,
You do it because you care.

Time for tea, oh lucky me!
I'm cooking with no flair.

You wonder why you do it,
You do it because you care.

Mum's in pain, my life's insane,
It's getting too much to bear.

You wonder why you do it,
You do it because you care.

Time for bed, I feel half dead,
I think I'm losing hair!

You wonder why you do it,
You do it because you care.

End of the day, what can I say,
As I slumber in my chair.

I now know why I do it,
I do it because I care!



Carole has also written a
number of beautiful poems,
here is one of them...

To Care

For more years than I can
remember,
I cared for you . . .

From the beginning of the day
to the day's end,
I was there for you . . .

On your last day on earth, as
you took your last breath,
I was beside you . . .

Now you are no longer
with me,
I yearn for you . . .

In the days ahead,
I hope to end my sorrow

If wishes came true,
I would see you tomorrow

If time was an object,
Then it, I would borrow

In time, too, heaven,
It is you I will follow.



Learn My Way Courses

Learn My Way are online courses to help you to navigate the internet, learn to manage money online for budgeting, access online health sites and public services, show you how to use the Microsoft Office Programmes as well as many other useful online learning programmes. They are interactive and easy to use. You'll have your individual account and can start or stop a course any time you want. A lesson will last around 15 minutes

All you have to do is register. Our Digital Inclusion Officer, Devan, can support our carers to register with the site.

Visit: www.learnmyway.com/subjects for the list of the courses you can do to get more confident online.



Hi everyone!

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

Jules



Activities & Groups

MON

MONDAY



Gardening Group

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

Art Group

10am – 12noon
Trafford Carers Centre, 9 Springfield Road, Sale, M33 7XS

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



TUE

TUESDAY

BAME Carers' Katchup

Last Tuesday of the month
12pm-3pm
Blue Sci, 54-56 Seymour Grove, M16 0LN

Women's Yoga

12noon – 1pm
CURRENTLY FULLY BOOKED
– CONTACT US TO BE ADDED TO RESERVE LIST.



WED

WEDNESDAY

Wellbeing Wednesday

10am – 11am
via Zoom – Meeting ID: 923 5162
5180 Password: aKAe87

Toy House Carers Support Group

1pm – 3pm
The Toy House, 91 Irlam Rd, Urmston, M41 6DU.
Call 0161 746 8185 for details

Geneology 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

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 for details)

FRI

FRIDAY

Craft Group

10am-12noon
Coppice Library & Wellbeing Centre, Sale, M33 4ND



• If you are interested in any of the activities above, please register your interest by emailing 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 for all the up-to-date news.

Carers' Self-review

SELF-REVIEW FORM

Name:

Contact number:

Address:

Date:

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 you to fill in this Carers Self Review Form which you can post back to us at our usual address : Trafford Carers, Springfield House, 9 Springfield Rd, Sale, M33 7XS.

| | |
|---|--|
| How are you? Has anything changed since we were last in contact with you? | |
| Are you currently receiving any support from family/friends/services? What support do they offer? | |
| How is your own health? Are you stressed, depressed, or anxious? Are you receiving any treatment / on any medications? | |
| Are you able to have a break? Social life? | |
| Can you leave the person you care for and for how long? Typically how many hours of care does the person you care for need a day? | |
| Are you managing okay financially? Do you have savings or receive any benefits? Please contact Trafford Welfare Rights for help on 0161 912 2735 (Mon –Thurs 9.30am to 12.30pm). | |
| Do you have any other responsibilities? i.e. Children, work, in education? | |
| Has your caring role affected your relationship with the person you care for or others? | |

☐ Please tick this box if you would like a caseworker to call you about your completed self-review form.

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, 19B School Road, Sale, M33 7XX

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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