




### Are you winter ready?

Top tips for keeping  
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### How you got involved



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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,



In this issue, we celebrate the festive season and look beyond into the new year, when hopefully we will have seen the worst of the covid pandemic which has had such an impact on all our lives. Here at Trafford Carers we are planning Christmas events that we hope will inject a little festive spirit into these dark winter days. You can read all about them on **page 13**.

It's especially important that you look after yourself during winter – did you know that as a carer you are entitled to a free flu jab? Taking the seasonal flu vaccine is the best way to protect yourself and the person you care for from this sometimes life-threatening illness.

Also in this issue, we give you the lowdown on how to keep warm and stay hydrated, both easy ways to stave off nasty infections (**p4-5**). And nurse Rebecca advises us on the benefits of a vitamin boost during winter months.

There's no question that 2021 has been memorable for all kinds of reasons, but I hope that some of those will be happy ones, not least for our Trafford Young Carers who have enjoyed an array of activities over the summer holidays, including horse riding, kayaking and barge trips. This is largely a result of our collaboration with Sale-based Grip Adventure. The response to their activity days has been tremendous and we hope that many more of our Young Carers will be able to join them on a great "adventure". You can see how it went in our special Young Carers feature (**p8-9**).

Christmas and New Year are a time for families and friends to get together and some of us have waited two years to enjoy a family celebration, but this can also be a time when you feel at your most vulnerable. If you feel alone and isolated, it doesn't have to be the case. Our befriending service has been a lifeline for many, (**page 12**) so why not take the plunge and see what it's all about?

Finally on **page 15** you'll find a self review form. This is the opportunity for you to take some time out and assess how you are feeling and whether you need any more help or access to services. I do hope you can find the time to complete it and send it over to us, as it is really important we are giving you all the help you need.

*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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## When carers need care...

**I**F YOU care for someone, it's important to know where to draw the line, after all, who takes care of the carer when they fall ill? Unfortunately, it's all too easy to feel guilty if we don't believe we've "done enough" to help our loved ones, which is the situation Helen found herself in as a carer for her 96-year-old father.

Helen has been a carer for more than 18 years. Firstly, for her mother who suffered from Alzheimers and now for dad, John.

"My mum passed away 7 years ago and as dad got older he has become more dependent on me and my role of carer has evolved from there," says Helen. "Eventually I gave up my part-time job, so I could give the support he needs."

Like so many carers, Helen has been there for her loved ones, even though she herself isn't in full health herself. Depression and anxiety have dogged Helen most of her adult life, but she has continued to care for John.

However, last year, she realised she needed to take a step back, when she was finding it difficult to cope. John was in and out of hospital with pneumonia and Helen was accompanying him even though she had to travel from her home in Whitefield, where she lives with her husband.

"It just got to me," confesses Helen. "I'm in Whitefield and he's in Timperley, and I find the drive on the M60 motorway really stressful at the best of times, but having to deal with hospital parking and visiting times, one day, I just felt I couldn't do it anymore."

## CARER'S STORY

**Straight away they knew I wasn't coping and picked me up at a time I needed them most... to know you are not on your own is everything**

relationship ever since her mother was diagnosed with vascular dementia/Alzheimers in 2008.

"Trafford carers have been there for me all this time," she says. "They arranged sessions with this one particular counsellor, who I just clicked with straight away. She was wonderful, and gave me the tools to help me cope and prevent getting back into an unhelpful mindset. They also arranged help with payments. Things I'm not sure I would have been able to get for myself."

Helen's father had been helping look after her mum when she was ill and Trafford Carers supported Helen to take a respite break to Llandudno with him, which is where Helen says their relationship strengthened.

"Since becoming Dad's carer I have learnt so much from him and also about his early life which I've loved hearing about. It has meant I have got to know him so much better," she says. "He was so good to my mum; he deserves as much care as she had."

A check-up call from Trafford Carers came out of the blue when Helen was at her lowest.

"Straight away they knew I wasn't coping and picked me up at a time I needed them most."

**"To know that you are not on your own is everything."**





# Get WINTER READY!

Here are our top tips for ensuring you don't feel the cold this winter...

## 1 LAYER UP!

Dress in layers and wear a hat, gloves and scarf when outdoors. Clothes made from wool, cotton or fleecy fabrics are warmest. When you're indoors, wear warm socks and slippers to keep your feet cosy.

## 2 KEEP THE COLD OUT

Close doors and use a keyhole cover to block draughts. Buy thermal linings for curtains to keep the heat in.

## 3 DON'T KEEP WARM BY DRINKING ALCOHOL

You can feel warm at first when you drink alcohol because blood vessels in the skin expand but when you cool down heat is drawn away from vital organs.

## 4 SERVICE YOUR HEATING

Ensure that your heating system is working efficiently.

## 5 KEEP HEAT CONSTANT

Keep your main living room at 18–21°C (64–70°F) and the rest of your house at 16°C (61°F) at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. In bed, use either a hot water bottle or an electric blanket.

## 6 FOOD & DRINKS

Tasty stews and soups and regular hot drinks are not only healthy, but will help to warm you up, too.

## 7 STAY ACTIVE

Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest near the ground.

### WHAT SUPPORT CAN I GET?

**DON'T MISS OUT ON BENEFITS.** Depending on your circumstances you may get the Winter Fuel or Cold Weather Payments automatically. If you don't, visit [gov.uk/winter-fuel-payment](http://gov.uk/winter-fuel-payment) or call **03459 15 15 15** to see if you're eligible. You may also be entitled to claim an Affordable Warmth Grant, which could help with heating & insulation improvements. For more information, call the Energy Saving Advice Service on **0300 123 1234** or visit [gov.uk/energy-company-obligation](http://gov.uk/energy-company-obligation).

## Keeping warm at home when temperatures plunge

As carers you can spend a lot of time in the home and that means when winter comes heating bills can rocket. Here are five simple ways you can keep your home warm at no extra cost.

### 1 MOVE YOUR SOFA

By moving your sofa, or anything blocking your radiator, ie. the bed, curtains, drying clothes etc, you'll feel the difference.

### 2 BLOCK DRAUGHTS

Self-adhesive rubber seals around doors and windows and door draught excluders are relatively cheap and easy to install. So it's worth getting those doors and windows sealed before winter properly kicks in.

### 3 LAY DOWN RUGS

Rugs do a good job of keeping your feet toasty if you have tile or hardwood flooring.

### 4 UPGRADE YOUR BOILER

If your boiler is more than 10 years old, it may be time to replace it with a new, more efficient eco-friendly boiler. You could save up to £350 with a new A-rated condensing boiler.

### 5 USE FOIL

If you have a radiator attached to an external wall, place some aluminium foil behind it. The reflective nature of the foil will prevent heat from disappearing through the wall and instead will reflect it back into the room.

## Keeping hydrated



Keeping hydrated is essential for your health and wellbeing and just because the weather is colder now doesn't mean you need less fluid.

If you don't drink enough (and we're not talking alcohol here), the consequences can range from headaches and dizziness to long term problems such as constipation, urinary tract infections and the formation of kidney stones.

Elderly people are especially vulnerable when it comes to keeping hydrated so they need to be monitored by anyone who is caring for them. As a general rule adults need to drink around 1.5–2 litres of fluid a day. A typical mug or glass is about 200 millilitres (ml) so this equates to 8–10 drinks a day. Children need slightly less and should aim for around 6–8 drinks a day.

Nutritionists recommend non-caffeinated drinks as they are better for hydration, but don't replace these with sweet and fizzy drinks as they should also be avoided. And while water is the number one hydrator, if you find it boring, why not try infusing it with fruit, or cucumber and mint?

And caffeine-free tea, coconut water, milk and fruit juice are rated highly as hydrators too. The important thing is to get enough fluids so if you love your cups of tea then go for it!

## Flu vaccination

You can get a free flu jab if you receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get ill. To ensure you don't miss out on your vaccines, please let your GP know that you are a carer.

### A flu vaccination is important because:

- More people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic.
- If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill.

### You can have the NHS flu vaccine at:

- your GP surgery
- a pharmacy offering the service
- your midwifery service if you're pregnant
- a hospital appointment

For more information visit: [www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/)





## KEEPING WELL with NURSE REBECCA



*Hi everyone!*

The cold is drawing in now and I want to remind everyone, especially those of you who are older or have circulatory problems, to keep warm, as it can take you longer to generate more heat and this can be dangerous to your health.

Christmas is fast approaching and it's a period that is seen by many as a time of great celebration however in reality it can be a difficult time of year for lots of different reasons. You may experience heightened feelings of loss, grief and loneliness and the festive season can add stress to your already pressured life, especially for carers who already feel overwhelmed and isolated.

It might be that you usually enjoy the festive period, but you're worried about how covid will affect things. Or you may have found Christmas tough in the past. This year might feel no different, or it may still feel harder than previous years. If you're experiencing any of these feelings, it is OK to feel this way. There are lots of things you can do to take care of your mental wellbeing:

**Be gentle, generous and patient with yourself.**

**Plan ahead.**

**Manage relationships.**

**Look after yourself.**

**Talk to other people.**

**Get support.**

*Rebecca*

### HEALTHCHECKS

Going forward health checks can be completed at the following places (as well as our usual clinic base in Sale.): Newhaven in Timperley & Limelight in Old Trafford.

The aim is to make them more accessible. If you would like a health check with our Carers' nurse, Rebecca at one of the locations, please contact 0161 848 2400 and speak with a case worker to get booked in.

TRAFFORD CARERS CENTRE IS PROVIDING

## EMERGENCY FIRST AID

WITH ST. JOHN'S AMBULANCE

WEDNESDAY 17TH NOVEMBER 2021 AT 10AM WITHIN OUR WELLBEING WEDNESDAY ZOOM SESSION

- RECOVERY POSITION
- MAKING AN EMERGENCY CALL
- CPR
- SIGNS OF A HEART ATTACK VS CARDIAC ARREST
- USING AN AED
- COVID-19 ADVICE IN TERMS OF FIRST AID AND MORE!

PLEASE CONTACT US ON 0161 848 2400.

TRAFFORD Carers

St John Ambulance

## Preparing for winter: Vitamin D

Vitamin D is needed for healthy bones and muscles and everyone is advised to take a supplement of vitamin D during winter months. Too little vitamin D can lead to bone problems, bone pain and muscle weakness in adults, which may also increase the risk of falls in older people. When outdoors during the spring and summer, most people make enough vitamin D from sunlight on the skin, but in the UK between October and early March, we can't make vitamin D from



sunlight because the sun is too low in the sky. And as it's difficult to get enough vitamin D from food, it's best to take a vitamin D supplement during the autumn and winter months.

Some of us are more at risk of not having enough vitamin D even in spring and summer, including those with dark skin (such as those with

African, African-Caribbean or south Asian backgrounds), those who are not outdoors often, those in care homes, and those who cover up most of the skin when outdoors. These groups are advised to take a vitamin D supplement all year round. There are a range of products and doses available at supermarkets, pharmacies and other retailers. Vitamin D is also found in some foods, including:

- Oily fish – such as salmon, sardines, herring and mackerel
- Fortified Foods – such as some fat spreads and breakfast cereals
- Red meat
- Liver
- Egg yolks

### KEEP CONNECTED

Want to connect with other carers? Our Wellbeing Wednesday Zoom Sessions (10am) are a great way to meet other carers, so why not join us? For details, please contact: **0161 848 2400**

PHOTO: Michèle Blockwell / Unsplash.com

## YOUNG CARERS

## NEWSLETTER

### YOUNG CARER PROFILE



## Wise beyond her 12 years!

**S** IENNA may be only 12, but she shows a maturity beyond her years when looking after her two teenage siblings who are on the autistic spectrum.

Her support has become invaluable to her family including dad Michael and mum Kim, who also have a five year old daughter Sophia – and they can't praise her highly enough. Sienna's brother Spencer, 17, has ADHD, while her sister, 14-year-old Casey suffers from social anxiety that can cause her to be non verbal. "Sienna is especially close to Casey and helps her with day-to-day activities, like going to the shops. Because she's non verbal she can be her voice. Sienna has a special bond with Casey and is very close to her," explains Kim.

"Whenever I need her she'll step in. I'd be lost without her. She's been very, very good."

Sienna takes it all in her stride, saying she just does the things anyone might do with their sister when they are at home.

"We'll spend a lot of time watching

TV shows, YouTube and playing games together. We share the same taste in music too. I like Mitski and I love Fleetwood Mac as well," says Sienna.

It was three years ago that Sienna began to help with the care of her siblings and now it's something she does regularly.



"I love helping people out. It's never something that has troubled me at all," says Sienna, who hopes to become a criminal psychologist when she grows up.

She joined Trafford Young Carers a few months ago but has already

enjoyed the opportunity to go horse riding at Carrington and is looking forward to doing more face-to-face activities in the future.

Like most pupils who have spent the last 18 months taking lessons on Zoom she's definitely keen to get out and have new experiences with other young people.

"I do get down sometimes so it's nice to get the opportunity to go out somewhere and have time for myself," she says. "Casey has severe social anxiety and can become non verbal which can be a challenge but I've had to rise above that, get involved and try to be more mature."

**M** UM Kim explained that Sienna was referred to Trafford Carers by her school.

"It will give her a bit of Sienna time," says Kim.

"Her wellbeing is just as important, if not more, to me. She takes on a much bigger role than I ever thought she would and she never complains. She's amazing."





# Action-packed SUMMER!



**By Shay Garry**

Before planning our August Activity Programme we asked our Young Carers and their parents what activities they would like us to arrange. High on the list was horse riding and Trafford Tree Tops. So guess what? Yes! We arranged two sessions at Carrington Riding School and two sessions at Trafford Tree Tops. Along with those we also booked a cycling session at Longford Park (great to see some of the parents

having a cycle too), a kayaking session and a barge trip with our new partners Grip Adventure. All these activities took place outdoors to reduce any possibility of any covid transmission.

We also ran four Zoom sessions – an art class with the fantastic Emma Evans, where Young Carers were encouraged to design a poster including positive comments about Young Carers, and a Manchester Museum group, which explored wellbeing techniques whilst looking at natural objects on display in the museum.

We also ran two creative writing sessions with celebrated poet Mike Garry which encouraged the Young Carers to look in the mirror and then write a positive piece about themselves.

The sessions – funded by StreetGames – were a huge success with all 106 available places snapped up, and the feedback from the Young Carers and their parents was fantastic. (see below).

Having just recovered from the whirlwind that was the August activities, at the start of September we dived straight into planning the October half term activities which we feel sure will also be a great success.



The **Activity Programme** feedback from our Young Carers and their parents has been fantastic. It included:

*“I thought the creative writing session was really engaging and useful. It helped me see things in a different light than I usually do.”*

*“Charlotte really enjoyed the horse riding. It was her first event. She wants to join in the face-to-face activities again which is a great thumbs up.”*

*“Ella-Rose really enjoyed the barge activity. She said it was good to get out and mix again and be normal outside of her family and school bubbles.”*

*“Had an amazing time and we would come back.” – feedback about the cycling activity.*



## New youth club sessions

In partnership with Grip Adventure, the Young Carers Project has been trialling a series of ‘youth club’ sessions, which have been taking place at the ‘Grip Adventure Cave’ in Sale.

The sessions, which started on the 4th October and took place until 27th October, have been running as follows:

- **Monday 6pm – 7.30pm**  
Secondary school-aged Young Carers and upwards.
- **Wednesday 5pm to 6.30pm**  
Ages 8–11, Primary school-aged Young Carers.

The sessions have proved really popular and can accommodate up to 20 young carers per session, where they have been getting involved in the usual youth club activities of bar football, table tennis, soft archery, arts and crafts and karaoke to name just a few things.

Following the trial period, we will be talking to those who attended the sessions and look at how their responses may shape sessions in the future.

More importantly, it will be a chance for Young Carers to take a break from their caring role and meet up with others in the same role, which is something they always tell us that they want.



### Blackpool trip

A trip to Blackpool in October was a great opportunity for some of our Young Adult Carers (i.e. Young Carers aged 16 and above) to meet face to face following all the issues with covid. There were 13 on the trip who went in groups of 3 or 4 to enjoy as many of the rides as possible and more than five hours later we returned to Sale a bit squashed on the bus thanks to Young Carer Niall who had won a giant inflatable Banana!

## International Day of Older Persons

To celebrate International Day of Older Persons on 1st October, our Young Carer joined forces with members of Debdale Park Crown Green Bowling Club. They included newly appointed Young Carers Ambassadors, Niall and Joe, who were keen recruits to the game and were joined by Arthur Hoskins (potential Ambassador of the future).

They were all a great hit with the club’s Barry Hockey and wife Win – so much so that we have been invited back.

Joe said: “It was a great day out and I would do it again as it was actually really fun.”



### Time to Zoom in!

Here are the current Zoom offerings, hosted by Shay and Karen:

- **Monday 4.30-5.30:**  
Primary aged bingo/quiz session.
- **Thursday 6pm – 7pm:**  
Secondary aged and upwards bingo/quiz session.

Call or text **07985 288 294** for further information or to book a place.





# New role with the LOWRY

**A** NEW collaboration with the Lowry in Salford will give Trafford Young Carers the chance to put their own ideas into action and take part in theatre-based activities.

This exciting new partnership means that Trafford Young Carers aged between 11-18 will be able to attend weekly Monday sessions at the city's prestigious arts centre immersing themselves in the performing arts.

"It'll be your two hours. You can just be you. It's about opening up, being silly and connecting with each other," says the Lowry's Engagement Manager Hebe Reilly.

As well as the face-to-face sessions, Trafford Young Carers will also be able to take part in four bespoke weekly online sessions throughout the autumn term. They will be on the themes



• Hebe Reilly



• Paige Steers

**I think the biggest thing of all for us was the feeling of not being alone. It was so powerful going into a room with other people who live it as well and are not defined by it.**

of storytelling, art, movement and drama, although they will be very much driven by what Trafford Young Carers determine themselves.

Explains Hebe: "Over the next four weeks the idea is that we will get to know what kinds of things the young carers want. Everything we do is co-created and we want them to lead the sessions.

The Lowry has worked in the past with young carers from Salford, producing a critically-acclaimed theatre production and campaign called Who Cares, part of the Lowry Arts for Social Change

programme. Who Cares was based on 12 months of interviews and gives a rare insight into a year in the life of three young carers, aiming to identify 'hidden' young carers who aren't immediately evident.

The work was made alongside professional actors, storytellers and theatre folk and Trafford Young Carers will be able to judge its impact for themselves as they have been invited to a performance at the Lowry in November.

Through the Lowry's social change programme, young carers gain access to life-changing opportunities, learn new skills and

improve their wellbeing, plus finding a voice through the art they create.

"Supporting young carers is a very important part of our learning and engagement department," explains Hebe. "There's a campaigning aspect about everything we do. It's also about impacting policy."

Paige Steers who now works at the Lowry was a young carer herself when she took part in the Who Cares project.

"We did interviews over a year, drawing on our different experiences and worked with playwright Matt Woodhead and theatre group LUNG, who developed it into the play it is today," she says,

"I think the biggest thing of all for us was the feeling of not being alone. It was so powerful going into a room with other people who live it as well and are not defined by it. There are no expectations on you, you're just there in that space to be you."

• For more information you can contact Paige at: [paige.steers@thelowry.com](mailto:paige.steers@thelowry.com)



With our Business Development Manager **SIMON LOCKE**



*Have a go*  
**if you think you care enough!**

**H** EY FOLKS . . . we are going to send out a challenge across Trafford to individuals, groups, companies, businesses, schools, colleges, universities and just about anyone to come and have a go if they think they care enough.

Our aim is to get them to undertake different challenges to raise money to help us to provide lots of different activities and resources you might need to support your role as a carer.

We are making up a very long list of the most bizarre challenges from longest sit in a bath full of beans, to paying a penny to spend a penny, a three legged walk the length of Trafford, fancy dress bag packing, the longest

conga on the canal or the tallest tower of pennies. Whatever the wild challenge, we will support the activity so long as it's safe; it's about having fun and raising money. So if you have any contacts, thoughts, ideas or want to get involved yourself to help us devise devilish challenges,

to put out there or help us to manage events, please get in touch.

Don't forget the stranger, the dafter and the funnier the better so all I have to say is come and have a go if you think you care enough!

*Simon*

## Come to our AGM

Trafford Carers Centre would like to invite you to their AGM on **Friday, December 3** at The LifeCentre, Washway Road, Sale from 12noon to 12.30pm, with refreshments to follow.

If you would like to attend, or to learn how to become a member of Trafford Carers Centre, please email: [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk)



# Stay CONNECTED!

Being out of practice after so much time in lockdown can result in feelings of social anxiety, or maybe you are someone who just got used to doing everything online and don't know how to get re-connected with life as it was before. When it comes to social situations, or just looking for ways to meet other people, here are some handy hints to get you back out and connect with others again.

## 1. You're not alone

Remember, you aren't the only one to feel social anxiety under these circumstances. If you feel you've lost your social skills, or your confidence, try not to worry as these will return as you get back into practice.

## 2. Don't avoid social situations

You may tell yourself that you're OK

to stay in your "bubble" but you'll make yourself more anxious if you put off going out and about.

## 3. Make a plan

Create a social schedule that works for you. It doesn't have to be ambitious. Maybe plan a walk two times a week, or schedule regular calls to friends and loved ones.

## 4. Confide in friends

Tell your trusted friends how you are feeling. You don't have to step out in public straight away. Instead maybe arrange to go around to their home for coffee and a chat.

## 5. Join a group

Taking part in an organised trip or activity is a great way to connect with others. Check out our website, [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk) for details of all our activities.

## Meet Shamiya!

Shamiya is our Diverse Communities Engagement Officer and is here to support carers from our BAME and LGBTQ+ community.

Shamiya is also here to promote wellbeing, to understand and listen to cultural needs and identify appropriate support.

You can contact Shamiya via email on [shamiya.nazir@traffordcarerscentre.org.uk](mailto:shamiya.nazir@traffordcarerscentre.org.uk) or by calling our helpline: **0161 848 2400**.



PHOTOS: Joshua Clay / Unsplash.com; Christina Morillo / Pexels.com

## Befriending – Who is it for?

I asked the question "What does befriending mean to you?" It was very clear both befrienders and carers experience a great positive reaction to the relationship.

I hadn't realised the befrienders benefitted just as much as carers. Many explained that being in touch with someone they never knew before, or probably would never have met, made their lives better. It just goes to show that whatever our personal situation we all have something to offer other people. Both people talking, passing the time of day, engaged in the

simplest of activities, helps to make sure they feel a part of the world.

The connection the befriender has with the carer can help the feeling of isolation feel less powerful if only for the time they are on the phone. So whether face to face, on the phone, via Zoom, or over the fence, the power of the human connection, the building of friendship with another person, begins with someone saying 'hello'

If you are interested in becoming a befriender, or would like to access the service, please contact our helpline on **0161 848 2400**.

### BY SIMON LOCKE

Trafford Carers Centre offers a complementary befriending service so carers most at risk of continued isolation can have someone to be connected to in the world outside their home or role. Having spoken to carers and befrienders across a number of different services,

# Why not Join a group?

We have a wide range of activities each week, so why not join in? All are free for carers registered with our centre, and for all activities, contact our centre on **0161 848 2400** or email [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk). You can also check our website [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk) for up-to-date details of everything we have going on. You'll find a groups and activities section under the 'Support for Carers' tab. **Booking is also essential for all face-to-face activities, due to current limitation of numbers.**

## MON MONDAYS

### Gardening Group

**Time:** 10am-1pm,  
**Where?** Gorse Hill Community Allotment

### Carers Art Group

**Time:** 10am-12noon  
**Where?** At our offices in Sale (19b School Road)

### Getting To Know You Group

**Time:** 1-4pm  
**Where?** At Blue Sci, 54-56 Seymour Grove, Old Trafford.

A support group where you can pop in for a coffee and receive support for everything from filling out a form to planning carer trips.

### Meditation

**Time:** 2-3pm  
**Where?** At The Hope Centre, Hampden Rd, Sale.

These are monthly, falling on the last Monday of the month, unless it is a Bank Holiday, in which case it will be the Monday before.



## WED WEDNESDAYS

### Wellbeing Wednesday

**Time:** 10am-11am  
**Where?** via zoom. Meeting ID: 923 5162 5180, p/w: aKae87  
*Lift your mood by taking some time out for yourself and joining our chat with nurse, Rebecca.*

## THUR THURSDAYS

### Online Bingo & Chat

**Time:** 10am  
**Where?** via Zoom, every other Thursday. Meeting ID 915 8649

5227, p/w: 796 637.  
Contact **0161 848 2400** to request your bingo tickets.

### Chatty Café

**Time:** 10am-12noon  
**Where?** At The Life Centre, Washway Rd, Sale on the 1st and 3rd Thursday of the month. Pop in to the café area for a chat and a catch up with other carers.

### Online Yoga

**Time:** 6.30-7.30pm  
**Where?** via zoom.  
Contact us for joining details.

## FRI FRIDAYS

### Online Yoga

**Time:** 11am-12noon via zoom  
Contact us for joining details.

### Crafts

**Time:** 10am-12noon  
**Where?** 19b School Road

### Flower Arranging

**Time:** 1pm-3pm  
**Where?** 19b School Road (Last Friday of the month)



## Festive plans

Adult carers are invited to a Christmas afternoon tea where there'll be craft and art activities. So come along and create a unique Christmas gift!

**Date:** Friday 17th December

**Time:** 3.30-5pm

**Venue:** Bean & Brush Family Art Café, 12 Hayfield Street, Sale, M33 7XW

(Please note, there is no free parking at the venue; the Tesco and Sainsbury's car parks are the closest.) Contact **0161 848 2400** press option 1 to put your name on this list.



PHOTO: Rodnae Productions / Unsplash.com





## CHRISTMAS Helpline opening hours

Monday 20 December:  
9am – 8pm

Tuesday 21 December:  
9am – 8pm

Wednesday 22 December:  
9am – 8pm

Thursday 23 December: 9 – 8pm

Friday 24 December: 9am – 1pm

Monday 27 December:  
BANK HOLIDAY (CLOSED)

Tuesday 28 December:  
BANK HOLIDAY (CLOSED)

Wednesday 29 December:  
10am – 4pm

Thursday 30 December:  
10 – 4pm

Friday 31 December:  
10am – 1pm

Monday 3 January:  
BANK HOLIDAY (CLOSED)

Tuesday 4 January:  
Normal service  
resumes 9am – 8pm

PHOTO: Priscilla Du-Preez / Unsplash.com



# Know your RIGHTS!

**IT** IS Carers Rights Day on 25th November, so whether you're a new carer or have been caring for someone for a while, it's time to ensure that you understand the things you are entitled to and are able to access the support that is available as soon as you need it.

Carers Rights Day was set up to create awareness about what you do and also how you can find help. Our loved ones are living longer with illness or disability, and more and more of us are looking after them.

Whether it's round-the-clock or for a few hours a week, in our own home or for someone at the other end of a motorway, caring can have a huge effect on us, our lives and our plans.

It's true that many people will actually view that what they do is the right thing for someone

they love, expecting no pay and no thanks, but if you look at the bigger picture you'll see that you're actually holding families together, enabling loved ones to get the most out of life, making an enormous contribution to society and saving the economy billions of pounds.

That's why you should know your rights. Each year, Carers Rights Day helps us:

- Ensure carers are aware of their rights.
- Let carers know where to get help and support.
- Raise awareness of the needs of carers.

In a recent survey of nearly 6,000 carers, the organisers of Carers Rights Day found that:

- Four in five unpaid carers provide more care for relatives.

- 78% reported that the needs of the person they care for have increased during the pandemic.
- Two thirds (67%) worried about how they will cope through further lockdowns or local restrictions.

Carers Rights Day, aims to spur you on to become more empowered through information and support. It's about gaining the confidence to ask for what you need and knowing how to challenge things when your rights are not being met.

**On Carers Rights Day, Thursday 25 November, Trafford Carers is hosting a workshop which will provide information on Power of Attorney, appointeeships and Wills. If you are interested in attending, please book your place by calling 0161 848 2400 (option 1) or email [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk) (Venue and time is to be confirmed).**

## Carers' Self-review

### SELF-REVIEW FORM

Name:

Contact number:

Address:

\* Please note, if you have an emergency card and there have been changes to your details, please contact our helpline for your information to be updated on **0161 848 2400**.

\*\* Please return completed forms to: **Trafford Carers Centre, 19B School Rd, Sale, M33 7XX**

How are you? Has anything changed since we have last been 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 or 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 if you need help with this 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.



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.

Registered Charity Number 1102075 | Company Limited by Guarantee Number 4695523

