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ABOUT US...

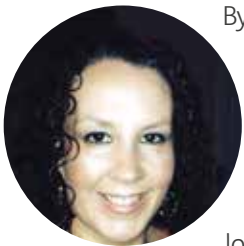
Do you support someone who couldn't manage without you?

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: Elise Awcock

Dear Carers,



By the time you read this, we'll be coming to the end of another summer dealing with the Covid-19 pandemic. It has been such a difficult time, but there is a glimmer of hope as restrictions are lifted and we get back to something approaching 'normal.'

For most of you, the pandemic has added extra pressures as you've juggled homeschooling with caring roles, or sadly lost a loved one through Covid as carer Nick Travis did earlier this year.

He tells his story on **Page 3** and shares how he is getting through his loss with the help of the Trafford Carers team.

And we are here for you as you navigate the 'new normal' so I urge you, please don't hesitate to get in touch with us at any time.

In this issue, we introduce our team members who are taking up new roles (**P13**), and I am delighted to be able to offer some good news – we have received a £90k grant from Trafford Council to support our work with diverse communities and enhance the digital support we can give our members.

We can always use more help, which is why, in this issue, Simon is putting out a call to all carers to help with fundraising ideas. The more 'off the wall' the better! (**P14**). We love it when businesses in our local community support us, whether it is something small, like the bottle of gin donated as a prize by neighbourhood bar Dutch Courage, or a bigger commitment such as the sessions being held by Sale-based Grip Adventure, who have launched a number of activities including a barge ride and kayaking sessions for our young carers.

We still have warmer days ahead so I hope you get to make the most of them. There are lots of activities that you can take part in, whether virtually, such as our yoga and meditation classes to physically getting your hands dirty with our gardening group (**P15**).

Staying healthy is important too which is why Nurse Rebecca is giving us some tips about how to avoid bad cholesterol (**P13**) and she is also offering health checks for anyone whose caring role is impacting on their wellbeing (**P13**).

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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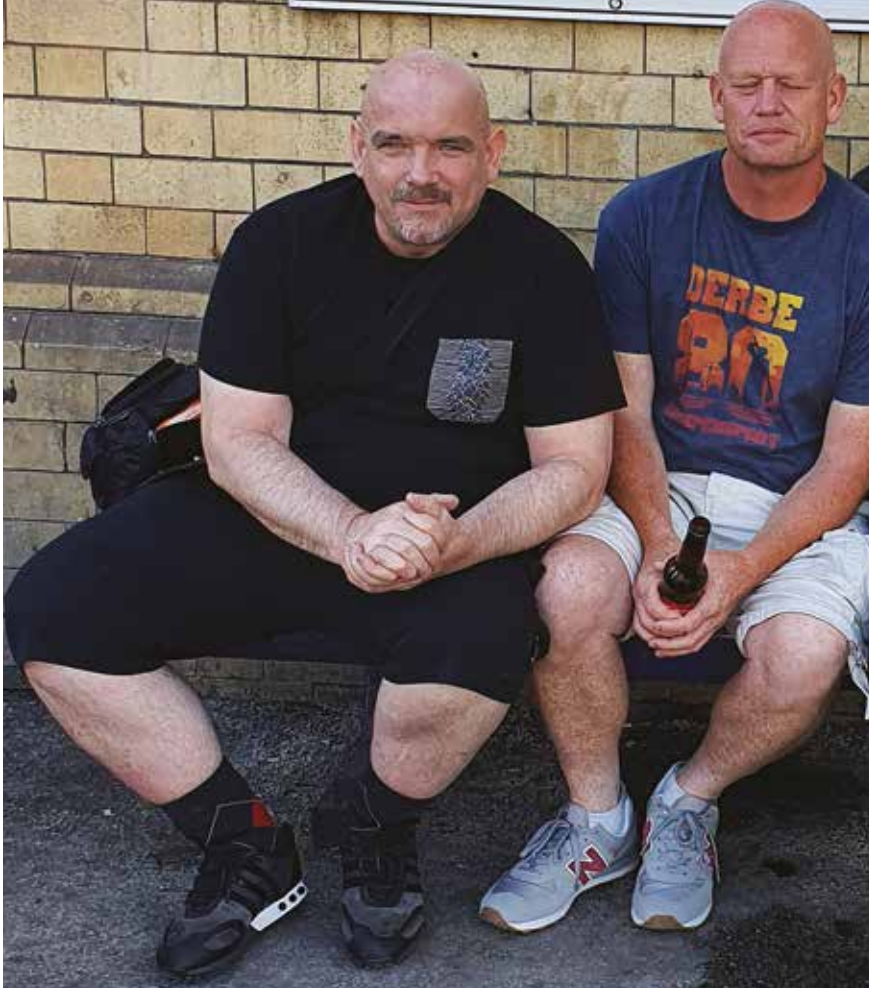
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Josie is ace. I've got a decent social circle and people around me, but sometimes you just need a sounding board - someone who is on the same wavelength.

Tough times for Carer Nick...

NICK Travers was having a tough time looking after his dad Joseph even before the onset of the Covid-19 pandemic.

Joseph had suffered an aneurysm and subsequently had an operation to improve his chances of living longer, but his dad's vascular dementia meant that Nick's role became increasingly more intense.

He didn't live with Joseph but was spending more and more time looking out for him and in the absence of other family members for various reasons, the burden of care became his.

"I was going to and from my place and once he had his last op in September/October 2019, I was half at his place and half at my home but, when Covid kicked in I had to be with him to make sure that he was OK," explains Nick.

"That's when he just wanted to open the door and go walkies and, of course, during lockdown he couldn't. That's when my care role became a 24-hour thing and it was something I couldn't switch off from because he could do anything at any time. Your mind is taken over by that.

"To have dementia and then this happens, it's like 'what's going on'. He just thinks he's bomb proof and can do what he normally does every day and you try to reason with him. You're trying to be as cajoling as you can be, but it's tough."

Looking after Joseph on a regular basis meant that Nick could apply for carer's allowance and that resulted in his being put into contact with Trafford Carers.

Nick was travelling by public transport every day as he did not have a car and his situation was

definitely complicated by the Covid pandemic as he couldn't isolate because he had to shop for his dad.

And Joseph, not understanding the situation, thought he could still do the things he normally did, like get on the tram to Stockport and visit his girlfriend. In the end, Nick was forced to tell him little white lies such as saying the trams weren't running just to try to get him to stay home.

As well as being there to offer support, caseworker Josie suggested funding a bicycle for Nick to enable him to get out and about much more. This really boosted his mood, however, the worst was to come because earlier this year both he and his dad contracted Covid-19 and Joseph, aged 87, sadly passed away in April 2021.

Since his dad's death, Nick has been able to keep in touch with Trafford Carers and he insists their help has been invaluable in many ways.

"Josie is ace," he says. "I've got a decent social circle, and people around me, but sometimes you just need a sounding board. You need somebody who is on the same wavelength because if they haven't been in the same situation they don't know what you're going on about.

"On the inside there's the nitty gritty of what's going on in your head. Friends don't understand that's why I've been so thankful for Trafford Carers' help."

It's

31 YEARS since the United Nations designated October 1st the International Day of Older Persons, an event which aims to raise awareness of the impact of an ageing population and the need to ensure that people can grow old with dignity and continue to participate in society as citizens with full rights.

As our newsletter went to press, details of what we will be doing to contribute to the day were yet to be finalised, but in this issue, we are taking the opportunity to focus on the older carers in our community and how we can help. You don't have to feel that you can't participate the same as an older person. On the contrary, our older carers are amongst the most vulnerable people in our society.

On these pages, our **CASEWORK WELFARE BENEFITS ADVISOR** gives us the lowdown on how to claim pension credit and other ways you can be supported, including getting digitally connected.



International Day **of** OLDER PERSONS

PENSION CREDIT

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges and is a means tested benefit.

You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.

Pension Credit is separate from your State Pension.

You can get Pension Credit even if you have other income, savings or own your own home.

How to claim

You can start your application up to four months before you reach State Pension age.

You can apply any time after you reach State Pension age but your application can only be backdated by three months. This means you can get up to three months of Pension Credit in your first payment if you were eligible during that time.

If you are one of a couple the younger person has to reach State Pension age before a claim can be made.

Information you'll need:

You'll need the following information about you and your partner if you have one:

- National Insurance number
- Information about income, savings and investments you have
- Information about your income, savings and investments on the date you want to backdate your application to (usually 3 months ago or the date you reached State Pension age)
- You'll also need your bank account details if you're applying by phone or by post.

Apply online

You can use the online service if:

- You have already claimed your State Pension and there are no children or young people included in your application. Go to: www.gov.uk/pension-credit



TABLET LOAN SCHEME

You may think you're 'too old' to learn something new or just be unsure about how to get digitally connected. If so, our tablet loan scheme is designed exactly for you.

Once you can access the internet you will also be able to take part in our many online activities and support groups, as well as stay connected with loved ones.

So why not get in touch on our helpline and request use of one of our tablets?

It's all free and some devices have built-in wifi so you don't need to find an internet provider before you start.

Tel: 0161 848 2400

Apply by phone

A friend or family member can call for you if you cannot use the phone. The claim line number is **0800 99 1234** Monday to Friday, 8am to 6pm.

To apply by post

Call the claim line to request a form or go to the Gov.UK website and print off a form then send it to The Pension Service 8, Post Handling Site B, Wolverhampton, WV99 1AN.

Other help if you get Pension Credit

If you get Pension Credit you can also get other help, such as:

- Housing Benefit if you rent the property you live in
- Support for Mortgage Interest if you own the property you live in
- Council Tax Reduction
- A free TV licence if you're aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for hospital appointments
- Help with your heating costs

SCAMS

Scammers are what in the old days they used to call confidence tricksters. Basically, people lure you into their confidence in various ways. They come in all forms.

Doorstep scams in which people knock on your door, pretending they're someone they are not.

Phone scams in which people will trick you into handing over your personal details over the phone (you should never ever give your bank details out to a cold caller for

example). **Internet scams**, where people ask for your bank details and relationship scams where you might meet someone on the internet and they are not who they seem.

Age UK have a very good guide to scams on their website (link below). Never be afraid to say no! www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig05_avoiding_scams_inf.pdf



KEEPING WELL with NURSE REBECCA



Hi everyone!

I am pleased to say **Health Checks** are now being completed back in the clinic room. As we start to emerge from lockdown due to Covid, I understand people's anxieties around getting back out into the community and attending appointments.

If you would like to attend for a health check please call **0161 848 2400** and a member of the team will book you in. If you have any concerns around attending for a Health Check please contact us so we can discuss further.



First aid anyone?

Within Carers' Week we brought you **'Everyday First Aid'** session alongside St Johns Ambulance, which was well received. One carer described it as "very informative".



We are looking at providing another session in August looking at **'Emergency First Aid'**.

Please contact **0161 848 2400** if you are interested in attending or for further information.
Take Care,

Rebecca

COVID UPDATE



Regardless of the changes to coronavirus restrictions, we will continue to follow social distancing measures and use PPE as appropriate. Our team will continue to follow social distancing guidelines and wearing of masks when out visiting carers and we ask those coming to our centre to do the same, unless exempt from wearing a mask.

Personal protective equipment (PPE)

We are currently offering free PPE for Covid-19 needs to unpaid carers who do not live with the person or people they care for. This will be available until the end of March 2022 and can be accessed through Trafford Carers Centre. Please call **0161 848 2400** for further details.

It is essential that PPE is worn correctly in order to reduce the risk of transmission. PPE should be put on and removed at least 2 metres away from the person you are caring for.



See guidance on how to put on and take off PPE at: www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-non-aerosol-generating-procedures



WELLBEING WEDNESDAY:

Wellbeing Wednesday Zoom Sessions (10am) continue to be a great success, so why not join us? During the sessions we look at the steps to wellbeing, as well as a good natter. Contact 0161 848 2400 for Zoom log in details.



PHOTOS: Keren Perez, Griffin Woolridge & Muid Majnun / Unsplash.com



YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE

He's like a best friend!



HIS September 11-year-old young carer **ALEX HUSKISSON** will be starting the school year at Urmston Grammar.

"It's a major achievement for him considering everything that's gone on in the world and in his life," mum Michelle says with delight.

"I was working in a security industry heading up the HR department so was classed as essential services, but I could work from home. He obviously missed out on a significant amount of work this year but, still managed to get his 11-plus so I'm super proud."

When he's not excelling at his school work, Alex helps to look after his 16-year-old brother Daniel who has a range of conditions that require constant attention.

Explains Michelle: "He contracted pneumococcal meningitis when he was 15-months-old which then left him with quite significant disabilities. Fast forward to him being the 16-year-old, 6ft 1" chap he is now and he's got cerebral palsy and in terms of understanding and being able to hold conversations or articulate himself, he would be around age five. So it's a tough gig for anybody in the family, let alone a younger

brother." Michelle says Alex helps with everything, including Daniel's personal care and taking him out in a wheelchair, which he needs for long distances

"He takes Daniel to the bathroom if we go out and makes breakfast for the pair of them. Daniel needs to be encouraged to drink, so he does that. There's loads. Daniel is still in that kind of cycle where he likes the rough and tumble of playing and going out on his scooter. Alex will take him out as Daniel has no spatial awareness so he cannot go out on his own. Alex goes with him as a kind of chaperone, which is fantastic.

"And another thing which is really great is that Daniel has behavioural issues but Alex has a really decent way of calming him down. He will listen to Alex. It's a different approach and it's quite amazing." Michelle is absolutely certain that without Alex life would have been so much more difficult.

"It's just exceptional. It enables us to live a normal life as much as you ever can with a disabled child and it's more significant now as Alex is older," she explains. "It's that additional



degree of having another pair of safe hands. There's that other person who is looking out for him and keeping him safe."

In spite of the responsibilities he has taken on at such a young age, Alex thinks of Daniel first and foremost as his brother.

"He's like a best friend," he says. "He's always laughing about everything I say, even if it's not funny."

Although he has his own set of friends and activities – such as those he does with Trafford Young Carers – he enjoys playing games with Daniel, whether at home or in the park and if he learns something at school that he thinks he can pass on to his sibling then he will.

"It's nice to know that I am a carer and taking care of him," he says.

"But, a lot of the time it's more like I love him as a brother. I don't really often see myself as a carer."

YOUNG CARERS NEWS



Trafford Young Carers got to experience the great outdoors when they joined **GLENN REES** of **GRIP ADVENTURE** on a thrilling bushcraft course - and they loved it! So much so that a closer collaboration means more of the same.



Gripped by ADVENTURE!



G **RIP ADVENTURE** is based in an 'Adventure Cave' next door to the King's Ransom under the bridge in Sale, where you'll find football tables, grassed area, mini sports games and more. **Glenn Rees** originally set up Grip Adventure as an alternative education outdoor learning venue for young people from the age of five and it has grown to include two purpose-built narrowboats.

"We have canoes, rafted canoes, single canoes and kayaks and sit on top kayaks all accessible for anybody from the age of five years upwards," says Glenn, who is excited to be working with Trafford Young Carers on a series of initiatives.

"We are working closely with Trafford Carers supporting a programme of personal development using outdoor education as a vehicle for change," explains Glenn.

"Young people have been stuck inside for such a long time, communicating through their screens, so, our agenda now is to use outdoor education as a vehicle for change, giving young people the opportunity to develop through physical and mental challenges, with kayaking and canoeing just one aspect of what we'll be doing. We are also going to introduce them to bouldering, climbing, archery and camp craft as well as water sports."

Glenn has spent 25 years teaching young people

alternative skills, starting at what was the old Trafford Youth Service.

"I've got a degree in community youth work development so I've always been interested in the hardest to reach and most challenged young people," he says. "Young people are the best educators in the world I think. They let you know what works and what doesn't."

And where else could the name of his scheme come from, but those young people who teach him such a lot. "Grip Adventure was born from young people saying you always say 'Get a Grip' to us as a teacher, so that's how Grip Adventure became the Adventure Cave in Sale," he reveals.



Young people are the best educators in the world . . . They let you know what works and what doesn't.



Glenn lives in Altrincham and travels into Sale every day either by tram or via the canal and is passionate about environmental education. His relationship with Trafford Carers came about when Jules Kennedy our Senior Young Carer's Officer, approached Grip Adventure just after lockdown, identifying a need for youngsters to get outside.

Explains Glenn: "We put a couple of pilot programmes together - the first being bushcraft, which was very successful. We had 20-25 young people each day. We are looking at opening up the Adventure Cave to give them a venue to meet; it offers a youth club type facility that will enable young people to come together and take part in outdoor

education sport, as well as just hanging out. They'll get to try out new sports and new skills.

ADDITIONAL to that, we are looking at a focused programme every school holiday so young people get to do an activity of their choice. They'll be able to do narrowboat excursions, where they do some basic bushcraft right through to kayaking, canoeing, bouldering and rock climbing for the older ones."

Kayaking and canoeing can go on throughout the year, but as the weather gets colder in the autumn and winter they'll also look at things like water safety and rescues, as well as some community work.

Glenn says that many young people get bitten by the outdoor bug and go on to join clubs and organisations devoted to their favourite pastime or sport.

"I think the benefit of them being focused within the Trafford Young Carers' project - and what a fantastic project that is - to enable young people to feel safe and comfortable at the beginning of their development and be focused, to be empowered and go off and do their area of interest," adds Glenn.

"Our agenda is to try and support as many people as possible. The idea is to enable us to support young people in the community and Trafford Young Carers is a really good vehicle for that."

YOUNG CARERS NEWS



TAKING part in a project with Manchester-based 42nd Street has not only made 14-year-old Issy Ryan able to deal with the

stresses in her life, but also led to her harnessing her amazing creative skills.

Mental health and wellbeing support charity 42nd Street worked with young people across Trafford and artists to produce some incredible handmade products which were then sold in a pop-up shop at the Manchester Craft and Design Centre.

Says Issy: It all started around last November when we did a course with 42nd Street.

“I got to do digital design and I designed a phone case, a jumper and a poster and got to go down when they made it all and helped to sell them.”

Issy enjoyed the project so much that she stayed in touch and was invited to another workshop where she designed a T shirt and pair of trousers.

“The first course was done online but the second one we did on live call for three or four weeks and had to draw it all out, design it, measure it, and then we sent it in and one of the people made the clothing,” she explains.

“We all chose a topic and mine was sexual assault, because it was around the time of Sarah Everard and her murder was all over the news. I did a pair of pants and a matching T-shirt that has handprints all over it.”

Her powerful design was so admired that it was placed on display at 42nd Street HQ in Ancoats and it also features on a poster which has been displayed

on a wall near Stretford Arndale. It’s been a fantastic experience for Issy who got in touch with Trafford Carers thanks to one of her friends.

“My friend told my mother because my brother had ADHD and autism and my dad has got a long term illness and it was really stressful for us kids,” reveals Issy.

“She recommended it for us as a distraction for someone who was dealing with the same things. So that’s how we knew about it.”

Through Trafford Carers, Issy was able to deal with the things that were

Thank you!

Our young carers received a big boost recently thanks to a donation from John Lewis and Waitrose. The retailers generously donated £833 to Trafford Carers and we got the opportunity to say a big thank you when the cheque was handed over to us at our centre.

The much-welcomed cash will now be used for a variety of activities for our amazing young carers, whom we are extremely proud of.



ISSY’S a real creative force

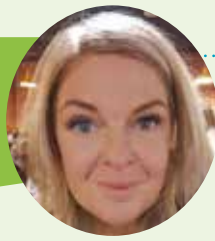


happening in her life at the time and that’s what brought her into contact with 42nd Street.

“I did their counselling as well. It really benefitted me and I’d recommend it,” says Issy. “I liked it because you didn’t have to see them face to face. It was all through messages so I felt a bit more comfortable as you didn’t feel they were judging you. So I recommended that to a few people. And it’s an escape. It’s something I could do to get away from everything.”

In spite of her evident artistic talent, Issy has plans for a different kind of career when she’s older.

“Art isn’t something I want to do when I’m older but it’s something I’m good at and it’s like a distraction from all the written work and life,” she admits. “I want to do behavioural psychology in crime. Big ambitions you know.”



CHOLESTEROL

What is cholesterol?

Cholesterol is a fatty substance which is made in the liver. It's found in some foods too. We all need some cholesterol in our bodies just to keep us ticking over, but having too much can clog up your arteries and lead to health problems in the future.

By getting a simple cholesterol test and making positive lifestyle changes, most people can keep their cholesterol levels healthy.

During a health check here at Trafford Carers Centre our nurse completes a test by pricking your finger. A drop of blood is put on a strip of paper. This is put into a machine that checks your

cholesterol in a few minutes. If you would like a health check please contact our caseworkers on – **0161 848 2400**.

A cholesterol test can measure:

- **Total cholesterol** – the overall amount of cholesterol in your blood, including both “good” and “bad” cholesterol.
- **Good cholesterol** (called **HDL**) – this makes you less likely to have heart problems or a stroke.
- **Bad cholesterol** (called **LDL** and **non-HDL**) – this makes you more likely to have heart problems or a stroke.

Facts about cholesterol

- High cholesterol is when you have too much of a fatty substance called cholesterol in your blood
- It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. It can also run in families
- You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicine
- Too much cholesterol can block your blood vessels. It makes you more likely to have heart problems or a stroke
- High cholesterol does not cause symptoms. You can only find out if you have it from a blood test



How to lower your CHOLESTEROL

Eat less fatty food

To reduce your cholesterol, try to cut down on fatty food, especially food that contains a type of fat called saturated fat. You can still have foods that contain a healthier type of fat called unsaturated fat. Check labels to see what type of fat food has in it.

Try to eat more...

Oily fish, like mackerel and salmon, brown rice, bread and pasta, nuts and seeds, fruits and vegetables.

Try to eat less:

Meat pies, sausages, fatty meat, butter, lard, ghee, cream, hard cheese like cheddar, cakes and biscuits, food that contains coconut oil or palm oil.

Exercise more

Aim to do at least **150 minutes (2.5 hours) of exercise a week**. Some good things to try when starting out

include: walking – try to walk fast enough so your heart starts beating faster, swimming and cycling. Try a few different exercises to find something you like doing. You're more likely to keep doing it if you enjoy it.

Stop smoking

Smoking can raise your cholesterol and make you more likely to have serious problems like heart attacks, strokes and cancer. If you want to stop smoking, you can get help and support from your GP.

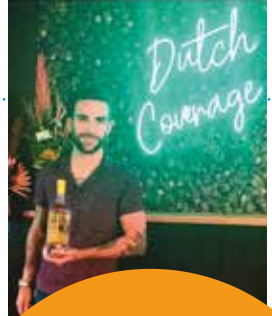
Cut down on alcohol

Try to...

- Avoid drinking more than 14 units of alcohol a week.
- Have several drink-free days each week.
- Avoid drinking lots of alcohol in a short time (binge drinking).



CARERS' Week Round-up!



Fantastic to receive a bottle of gin as a prize for our bingo session during Carers Week from our local bar, Dutch Courage. We love it when our local businesses support what we do.

June 7th - 13th was Carers' Week and we have had lots of positive feedback from carers about the range of activities that were held - in spite of the restrictions of the Covid-19 pandemic.

Carer awareness sessions and Wellbeing Wednesday were popular and the afternoon tea was a huge hit with everyone.

Even though we couldn't hold an afternoon tea in the traditional sense, everyone loved the delicious array of sandwiches and cakes that were delivered to their door, ready for an online Zoom celebration afternoon.

Here is some of your feedback from the event...



MADGE DUHANEY

I really enjoyed the quiz and it was a nice break from all the mayhem happening now in my life. Thank you for the generosity of the lunchbox. Nice to meet the other carers, and I cannot wait to join the group meetings and speak to Rebecca. I really think I need to. Thank you for everything.

PAMELA SMITH

Really enjoyed the afternoon tea session. She feels she has made some really good friendships from this group.

CLAIR DOMVILLE

What a delightful surprise the afternoon tea was...a lovely group of smiling, friendly faces, and Shay's bad jokes. So grateful to everyone at Trafford Carers Centre. The support has been crucial for me and my family over recent weeks and I'd recommend their service to all carers of Trafford. Well done, and thank you SO much. *And well done to Clair who won a bottle of wine in the bingo/quiz session!*



JOYCE

Thanks so much to all involved in afternoon tea on Thursday. A lovely treat, delivered to the door.

MARGARET

I would like to say a massive thank you for my lovely box of afternoon tea; it was very delicious.

SYLVIA KAY

Thank you for such a great day the cream tea was lovely and really made my day and the quiz and bingo really enjoyed and loved my prizes thank you so much.

ALSO FOR CARERS WEEK, our team delivered Carer Awareness training to professionals working with families in Trafford. It was a 40-minute online session covering a variety of subjects including:

- Identifying a Carer
- How we can support Carers
- How to make a referral

The training proved valuable in terms of making connections with teams in Trafford and identifying ways of working together in the future.

This also gained positive feedback:

"Thank you for delivering the training last week, it was so useful. You have a wealth of experience and it is so helpful to

know that when I need to refer someone to you they will be acknowledged and supported."

"It was lovely to 'meet' you (Jules) and Josie yesterday and I really enjoyed the session. As you know, we both signpost to each other's service so it was great to hear a bit more about the great work you do."

SPOTLIGHT

on our team

NEW ROLES & NEW RECRUITS



Jules Kennedy / Deputy CEO

Background: I've worked at Trafford Carers Centre for almost three years now, beginning initially in the Young Carers team and then moving into the post of Deputy CEO in July this year. It's been a privilege to develop what we do in the Young Carers service so that

we can better support and meet the needs of the amazing young people we support and I look forward to being able to do this across the wider Trafford Carer service in my new role. Prior to this, I've spent the last 15+ years of my employment life working in a variety of community and charity health settings within the Trafford area, with the aim always being to deliver the best support possible to those needing it.

What it means to support carers in Trafford: Trafford is my home: I was born and raised in Sale and now live just on the other side of the Sale border in Stretford. I think we have so many brilliant things going on within Trafford and it feels an honour to be part of that support in the work that I do.

Contact details

07435 249 651 or email me at: jules.kennedy@traffordcarerscentre.org.uk

Shamiya Nazir / NEW Diverse Communities Engagement Officer

Background: Shamiya Nazir has recently joined as a Diverse Communities Engagement Officer (part-time) at Trafford Carers Centre.



What it means to support carers in Trafford: Her job role is to develop carers forums targeting all age groups, work collaboratively to reduce isolation and improve the mental health of Carers, produce leaflets in various languages and deliver Covid-19 Vaccine Hesitancy sessions. She believes it can bring positive outcomes to the lives of Carers residing in Trafford. She is passionate about this role and looking forward to connecting with individuals and organisations working for carers and has schemes for diverse communities.

Contact details: shamiya.nazir@traffordcarerscentre.org.uk

Denise Jeffers / Adult Casework Team Manager

Background: After working with carers at Trafford Carers Centre for six years there has been a massive change in my role from the beginning of the pandemic until the present day. I am pleased to announce that my role has changed from a caseworker in February 2020 to a temporary operations manager. This role has now been approved as a permanent role with the new title of an 'adult casework team manager'.



What it means to support carers in Trafford: I am pleased to be working with a well-respected and efficient team who have worked hard during these difficult times to support carers' with the challenges they are faced with on a daily basis.

Contact details: 07557 959113

Devan Storey / NEW Digital Inclusions Officer

Background:

My role will be to redevelop the website, expand our online presence on social media and to train carers on how to benefit from digital devices to continue to care for their loved ones.

I have always loved designing and being creative with projects. Whilst studying Spanish and Portuguese at university, I designed social media accounts for local businesses. I loved gaining experience in making editorial judgements and creating social campaigns that received great engagement. It was at this point that I knew I wanted to pursue a career producing digital content.

What it means to support carers in Trafford: I believe that my creative skills coupled with my dedication to supporting others will help me in my new role at Trafford Carers. My aim is to establish a valuable online presence for carers so they can thrive and I am motivated to build a reliable online resource for those who need it. I am looking forward to meeting you all!

Contact details:

devan.storey@traffordcarerscentre.org.uk



Calling all Trafford carers...



SIMON LOCKE, our Business Development Manager, explains how you can help raise funds to help others!

**WE NEED
YOU!**

As we are getting jabbed, the lockdown is easing and hopefully life will return to some kind of new wonderful normal, we are looking at how we build back up our face-to-face fundraising activities. Ones that could actually mean talking to other folks in person!

So I'd like to ask for your help with any advice or ideas about the best fundraising activities you think we should use. Ones we can do in the flesh. Whether that's sponsored walks, carol singing, sitting in baths of beans, shaking donation tins, stage or music shows, our own lottery tickets or bake sales – if these aren't the best ideas then what is?

If you were asked to support Trafford Carers Centre by a stranger what would be the best way for them to contact you? I know every other worthwhile charity is asking for money to keep delivering their own brilliant services so what can we do to make our request the one that stands out?

I personally don't respond well to door steppers, charity chuggers or bags dropped on

my patio floor which tend to become emergency bin bags if I'm honest. Perhaps, as a fundraiser, I shouldn't tell these secrets, BUT, I have to raise money to support the delivery of our services so I have to be honest with myself as to what we should do to make money for the charity. I want to enlist your help to support the fundraising activities which go to support other carers in Trafford.

I really want carers to become fundraising volunteers, with your help, I want to organise a string of activities that will be good fun and that folks of all ages will want to get involved with. I'm up for a 'nudey-rudey' calendar but that's been done. Maybe

a comedy show? But my jokes are a bit naughty so might make you blush. How about the world's longest elbow bump with the 25,000 plus unpaid Carers in Trafford all forming the biggest circle around the borough? All ideas to bring people together, to make people smile, to gently raise awareness and have some fun along the way are welcome.

So please get in touch, no idea is a bad idea, let's have fun and make some lovely money to spend on activities, services, events, resources or anything else that makes Carers lives a little easier along the way.

Now have you heard the one about ...
hmm, better not!

**GET IN
TOUCH**

Contact SIMON on
07881 093 474 or
simon.locke@
traffordcarerscentre.org.uk

Simon

Get GARDENING

PHOTO: Michael Dziedzic / Unsplash.com,



OUR gardening group is planning to grow and it is putting out a call for any budding green fingered carers to come along to their Gorse Hill allotment and see what they are all about.

Carer Eileen Parker whose son has cerebral palsy, has been running the group for over six years, supported by husband John. The group has been meeting at the allotment every Monday morning come rain or shine and they get to take the fruits of their labours home with them.

There is a core membership says Eileen but they would love to see more people coming along and enjoying the benefits of gardening.

The benefits aren't just the produce you get to take home, although this year they're pretty proud of their bumper crops of potatoes, cabbage, tomatoes, cauliflower, broccoli, spring onions and four different types of beans - but also the support they

give each other. Says Eileen: "We always end the session with a cup of tea and a biscuit. Part of what is good about the group is the social aspect. It's the contact and the breaking away from a caring routine which is such a vital part of what we are doing.

"So we are very keen to see more people here. Even if they just come up for a visit to see if they like it, they will be welcome and if they don't, well, fair enough.

"The people at the allotment are just so friendly and they are willing to share things with us.

"It's very therapeutic, plus we believe there's a three year waiting list for these allotments so anyone who fancies gardening can come along and join us without having to go on the waiting list."



GETTING TO KNOW YOU

Our Getting to Know You group is held every other Monday from 1pm to 4pm. The sessions, which started on July 5, are at Blue Sci, Seymour Grove, Old Trafford M16 0LN. For further details call Monica on **0161 848 2400**, or Denise on **07557 959113**.

IT'S BINGO!

Every other Thursday it's eyes down and look in as we host our online bingo session, so why not give it a try? You can call **0161 848 2400** for your bingo ticket and find out more!



HOW TO JOIN

If you would like to join our gardening group just call our helpline on 0161 848 2400.

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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