

Get Creative!

Emma Evans is back with her amazing art classes

Feel the Love

Inspiring carers' stories



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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,



Spring has well and truly sprung and plans to move out of Covid restrictions is providing us with the hope that we will soon see a level of normality return to services across Trafford. Our offices are now equipped to hold face-to-face appointments for carer assessments, counselling and benefits advice. We will, however, be risk-assessing each visit to ensure the safety of carers and our staff.

We have a very busy calendar of activities coming up in the next three months, including **Carers Week from June 7-13** where we will be coming together with other services across the UK to Make Caring Visible and Valued. You can find out more on **page 4**.

Recently, the casework team have received training to support carers in understanding the importance of **good nutrition and hydration (see page 5)**. We'll be sharing information and advice with our carers as part of our ongoing support.

Over the next few months we will be asking carers to support a series of consultations across Trafford that will help redesign carer services and ensure Trafford is meeting the needs of carers, particularly as we move into a Covid recovery phase. We would really like as many of you to support these consultations. To take part, please email **info@traffordcarerscentre.org.uk**

I'm very pleased to announce that we recently received a grant from Trafford Housing Trust to support a project to reduce isolation. As part of this funding we are in the process of recruiting a Carer Support & Engagement Officer who will work directly with carers to develop groups and activities and we will also be developing a series of resilience workshops that will launch in the summer.

We know the last 12 months have been very difficult and from all of us at Trafford Carers Centre we want to say thank you, thank you for being a carer and thank you for accessing support. You have all shown tremendous resilience.

Keep safe and well,

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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GETINTOUCH

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Finding strength to carry on...

KALIM RANA has looked after his wife Shaista ever since they were married, but in the last two and half years things took a turn for the worse when she suffered a massive stroke which left her paralysed down one side.

Kalim explains that his 58-year-old wife had suffered from the debilitating disease lupus following the birth of daughter Abeera 27 years ago.

"She was not well after the birth of our second child (the couple also have a 32-year-old son, Zain) but her health started deteriorating in 2005 when she had her first stroke," confides 65-year-old Kalim.

"That was a mini stroke and she was OK. She could move and talk, but in 2018 she had a second stroke. Then in the last part of 2018 she had a severe stroke. She was on palliative care and was given only 2-3 months to live." It is therefore testament to Kalim's care that Shaista is still alive nearly three years after the stroke

which has paralysed the entire right side of her body.

The result of that is that she is unable to walk or talk and needs 24/7 care, most of which is done by her husband with the help of four care worker visits a day.

Kalim continues: "The doctors gave her months to live, but it is two and half years now and I am giving her very good care within the best of my ability and she's good. She's looking better, but obviously she can't talk and she cannot walk."

Shaista spends all her time in a hospital bed and although carers visit regularly, Kalim's reluctance to leave his wife means that he too spends most of his time at home.

"I cannot get out. I only get a respite break six hours a week from my local council," he says. "My daughter lives with us and it's very important that she is here because although she is working from home, she sometimes sits with her if I have to go out shopping or something.

CARER'S STORY

"The doctors gave her months to live, but it is two and half years now and I am giving her very good care within the best of my ability and she's good."

"Otherwise my life has been turned upside down. In fact, I have almost given up on my business which was import, distribution and marketing. My first priority is to look after my wife. I have to stay around so that if I hear her crying out, I can immediately attend her and help her."

Like every carer, he has to have his own coping strategy and he takes care of himself by doing regular exercise. His strong Muslim faith also helps.

"I used to go to the mosque every Friday, but because of Covid, I can't do that," he says "Although Covid hasn't affected me very much as I was socially separate anyway."

Another thing that has really helped boost his morale has been the support he's received from Trafford Carers.

"They are very kind and caring. I have had a free massage and funding for sports activities - I was playing badminton because I wanted to stay fit. They've now allocated me another budget for exercise at home as I cannot get to the gym because of Covid.

"Every morning I do yoga stretching, deep breathing every day I do that whenever I get the chance. I want to stay healthy."

Of course, almost everything he does is for his beloved Shaista.

"I do miss my wife; my companion," he says. "All these things. But she is the mother of my children. We have spent good times together and now is the time for me to make sacrifices."



PHOTO: Unsplash

MORE INFO

Are you running an activity yourself? Maybe you would like to do some fundraising activity or run a group online. Why not talk to Simon about your ideas on 0161 848 2400 option 4.

It's CARERS Week!

For the second year running we find ourselves having to adapt our Carers Week calendar of events to the restrictions currently in place.

Following the last 12 months, where we have seen many carers taking on even more caring responsibilities and facing new challenges due to the pandemic, it is even more important that Carers Week highlights these issues and respects carers for all they continue to do. Across the country Carers Week will be celebrating the theme of **Make Carers Visible and Valued** and we have an exciting week of events that we will be running for both carers and professionals.

If you would like to join us at any of the events below, please book early as spaces will be limited. Call 0161 848 2400 option 2 for more information.

MON MONDAY: A CARER'S WALK

We will be taking a socially distanced walk around Sale Water Park between 11am – 1pm. Due to restrictions the numbers will be capped at 5 people per group and led by a member of the Trafford Carers team.

TUE TUESDAY: CARER AWARENESS SESSIONS

If you are a professional or a member of a VCSFE organisation and want to learn more about how you can support carers join us for our online sessions which we will be running throughout the day.

WED WEDNESDAY: WELLBEING WEDNESDAY

We will be dedicating Wednesday to mindfulness and wellbeing with online zoom sessions including our regular Wellbeing Wednesday session with Rebecca.

THU THURSDAY: AFTERNOON TEA & ENTERTAINMENT

Traditionally we have held our afternoon tea event on the Thursday of each Carers Week and this year will be no different (albeit with a few inventive changes).

We will be providing afternoon tea, delivered to your doorstep ready for an online Zoom celebration afternoon. Carers can expect live entertainment, a quiz and bingo. Numbers are strictly limited and afternoon tea can only be provided to the registered carer.

FRI FRIDAY DOG WALK

Just as we started the week with a walk we will be ending the week in the same way but extending the invite to bring your dogs with you. Restrictions will remain in place again and numbers will be capped at 5 per group. We also ask that dogs be kept on a lead for the duration of the walk.

NOURISHING older people...

EARLY in March, Carers Centre staff and casework supervisors attended a virtual Nutrition and Hydration Champion training session. Training was for those who meet people aged over 65 in their everyday lives and aims to reduce risk factors with early intervention by:

- Recognising the signs and symptoms of malnutrition and dehydration.
- Identifying the impact of malnutrition and dehydration on the individual and health/social care.
- Opening up a conversation about appetite and unplanned weight loss encouraging individuals to eat and drink well by using a 'Food First' approach
- Distributing nutrition and hydration resources.
- Signposting to other services.

Carers Centre casework supervisor, **Denise Jeffers** (pictured below) said: "The training was really useful, particularly signs



and symptoms of malnutrition and dehydration. The resources help to start a conversation and can be used to help anybody losing weight without meaning to. We now reiterate the question 'are you eating and drinking well?' within the Carers' assessment."

Marie Price, GM Nutrition and Hydration Programme Manager said: "Losing weight is not a natural part of ageing so it is important to have a good

appetite and enjoy food to prevent malnourishment and ill health. It is also essential to stay hydrated by drinking 6-8 cups/glasses of fluids daily to prevent dehydration, which can lead to infection and falls."

For more information about the programme speak to your carers centre manager or visit: Age UK Salford | Improving Nutrition and Hydration in Greater Manchester.

HYDRATION

Older people are vulnerable to dehydration as a result of physiological changes as they get older, but conditions such as dementia and Alzheimers can further increase their risk. Dehydration can also have quite an impact on mental performance, affecting memory, concentration and cause confusion.

Dehydration can cause:

- Low blood pressure
- Weakness
- Dizziness
- Increased risk of falling

Signs of dehydration

- Dryness of the mouth lips and tongue
- Drowsiness
- Confusion
- Dizziness
- Dry skin
- Sunken eyes

How to prevent dehydration in older people

- Encourage regular drinking throughout the day.
- Give them foods high in water.
- Avoid caffeine and alcohol.
- Find a beverage they enjoy.



PHOTO: Shengeng Lin/Unsplash

MALNUTRITION

Malnutrition in older adults can lead to various health concerns, including: A weak immune system, which increases the risk of infections. Poor wound healing. Muscle weakness and decreased bone mass, which can lead to falls and fractures.

Signs of malnutrition in older people

- Excessive or prolonged sadness.
- Lack of energy.
- Memory issues or oncoming dementia.
- Getting sick often.
- Bruised or dry, cracked skin.
- Wounds that are slow to heal.

How to prevent malnutrition in older people

- Monitor weight.
- Observe habits and what kinds of food are being eaten and in what quantity.
- Keep track of medication.
- Help plan healthy meals or prepare meals ahead of time.
- Use local services. Contact local service agencies that provide at-home meal deliveries, in-home visits from nurses or dietitians.
- Turn meals into social events. Drop by during mealtime or invite the older adult to your home for occasional meals.
- Daily exercise — even if it's light — can stimulate appetite and strengthen bones and muscles.

KEEPING WELL with NURSE REBECCA



Hi everyone!

I don't know about you but the change in weather and the 'setting out of the roadmap out of the current lockdown' has provided a little hope.

Our **Wellbeing Wednesday Zoom sessions** have been a great success.

It has been lovely getting to know some of you. Caring can be very isolating and overwhelming, access our online support, which allows you to take a little break. Join us and connect with people in similar situations.

Some of our carers said the following about the sessions:

"Wellbeing Wednesday Zoom gave me the opportunity to take time out and talk, me time"

"Friendship"

"Little me time"

"Self-care"

"Stimulates my brain"

"Connects us"

Rebecca



**WELLBEING
WEDNESDAY:**

Join us every Wednesday
on Zoom from 10 – 11am

Meeting ID: 923 5162 5180

Passcode: aKAe87

Why have a Health Check?



PHOTOS: Marcelo Leal/Unsplash, Chris Montgomery/Unsplash

Studies have shown that caring can have a direct and significant impact on the carers' health; in particular carers are more likely to suffer from poor sleep, back problems, stress related illnesses and depression.

Carers often put their own health as a low priority, due to their caring role. As a carer you may worry that admitting to having medical problems may be seen as not coping. In order for you as a carer to improve your health and remain fit and well, I offer a comprehensive Carers Health Check. It's a good opportunity to identify any areas of concern.

I will continue to offer Carers Health Checks over the phone for those of you who would like them and are able to speak in private.

Anyone who opts into the telephone health check, and would still like physical observations such as taking blood pressure, pulse, cholesterol, BMI and blood glucose etc will be offered a 15 minute

appointment to complete these once the clinic is back open.

This is something we are working towards.

I will be contacting those who are due appointments over the coming weeks, if you have never had a Carers Health Check before and would like one, please call the helpline where one of the Case Work team will book you in.

PLEASE NOTE

These health checks are to discuss how your caring role is impacting on your ability to care for yourself in a way you otherwise would and offer general health promotion advice, they are not a replacement for your GP surgery nor to be used in case of acute illness or specific medical or medication related questions.



YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE

We can do this!

YOUNG carer Emily may be only 12-years-old but she's been amazing in every way.

Just over three years ago her adopted brother came into her life and she quickly found out that the process of a new child moving into her world was not as straightforward as she imagined.

As per usual an adopted child can bring some significant issues with them and her new brother was no different in this case.

Emily's mum explained that it was definitely a shock to the system in those early days and it has been a bit of a roller coaster ride and fresh challenges are still happening, "But Emily has coped amazingly. If she can see me struggling, she'll say: 'mum you go and sit down and I'll do this.' Or she'll get, a book or a toy of his choice and spend time playing with him, just for 10 minutes or so just to give me that break. She has been so good."

The adoption came to fruition due to a sad bereavement midterm through pregnancy explains mum and Emily was very, very much looking forward to having a sibling and she was helping me with all the preparations and it all went wrong. It was a big blow to all of us and we thought what can we do

now? We'd love another child. But when you've had this devastating situation happen like that then there's no way I'd have another pregnancy so we went down the route of adoption," says Mum, as there are many children out there who need a nurturing, loving stable home and we thought we had that to offer.

The adoption process is long and drawn out and no stone is left unturned to make sure a suitable family is found, the process can be very intrusive for the obvious wellbeing of the adopted child explains Mum.

The family knew their potential son had a very difficult start to his life which affected his physical and emotional wellbeing. Now aged seven, some of the effects are still noticeable, but with our and particularly Emily's help then these issues are being met and overcome.

Mum says "In the early days when some of these challenges were most severe Emily would come in and said "it's OK, we can do this." And she was just nine. She's just there to help when we need it, my main concern was all my attention was focused on her brother and his high level of need and reassurance. "She'll play with him, take him to



the park, help with his reading, she'll bath him and she's just around to support us sometimes. Don't get me wrong, they can fight like cats and dogs sometimes, as all siblings do but on the whole she's always there for him."

Although she adores her young brother, it wasn't easy for Emily and about 18 months into the adoption she told her mum she wasn't coping well.

"Somebody at her Mum's work suggested Trafford Young Carers," explains Mum. "They were fantastic, a real lifeline."

Says Emily. "They were great. They told me how amazing I was and about all the groups I could take part in, which is really good because I get to meet other young carers.

"We don't talk about what we do at home, we just talk generally but we kind of have a laugh together and play games. I have not met other young carers face to face yet due to the pandemic, the sessions have been run on zoom. I am looking forward to meeting them in person."



Round up of all the news from our Young Carers Action Day

Future Prospects:

The 2021 Young Carers Action Day was all about looking ahead. Young Carers Action Day is an annual event that is organised by the Carers Trust with the aim of raising awareness of young carers and the incredible contribution they make to both those they support and their community at large.

The day (formerly the Young Carers Awareness Day) has been held for the past six years and has been a vital force in bringing about changes in the lives of young people who have to care

for others. A name change wasn't the only thing that was different for 2021 - the date of the event was switched from January to March and for the first time, young adult carers aged 18-25 were also included. Another innovation was the formation of a steering group made up of young carers.

Protect Young Carers Futures was the theme of the 2021 event, following input with young/young adult carers who wanted the day to be about their futures. But it was also about highlighting

Protecting Young Carers Future

the awesome skills they have developed through being a carer - like resilience, time-management and empathy - all of which are important assets, not just for young people moving into higher education but also for those looking to enter the workplace.

At Trafford, the Young Carers Team planned to deliver Awareness Raising sessions to professionals for their contribution towards supporting Young Carers Action Day. The session attracted an audience of 42, which included a range of professionals from

schools and community hubs, as well as social workers and Early Help teams.

The feedback from the day was extremely positive, with professionals saying how impressed they were.

"The session was FAB, I will continue spreading the word, I think your service is amazing," said one.

"Just a thank you for the Young Carers awareness training earlier, I thought it was great," said another.

Special mention must also be made for The Carers Trust funding which helped deliver Young Carers Awareness Day training on the day. The full £500 award was also spent on designing and producing a pin badge and certificate with local artist Caroline Boyd.



BADGE OF HONOUR

Artist Caroline Boyd has created a fabulously colourful Care Aware badge that will be awarded to all school staff and Trafford Professionals who attend Young Carer Awareness training.

Caroline is a Sale-based artist who ran a series of online graphic design sessions for Trafford's young carers in partnership with 42nd Street last year and she has continued to collaborate with Trafford Carers on designs for certificates and other marketing materials to help raise more awareness about Young Carers.

For those who missed the online training that was delivered on Tuesday 16 March (in line with Young Carers Action Day 2021) and would like to book a training session for their team, they should send an email to youngcarers@traffordcarerscentre.org.uk

Showing they care on social media

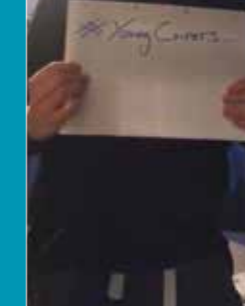
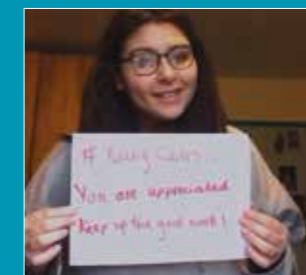
Young Carers took action on social media to send inspiring messages to others as part of this year's Young Carers Action Day.

They were invited by Campaign Manager, Matt, from Gaddum Young Carers, to record themselves holding a sign emblazoned with '#Young Carers...' followed by a five-second inspirational message for other young carers everywhere

The video was then launched on Young Carer Action Day with the aim of spreading a positive message and connecting younger people from all

corners of the UK. Even Jo Whiley (for any BBC Radio 2 fans out there) watched the video and tweeted:

"Sending love and admiration and support to all Young Carers. You are INCREDIBLE. Thank you for what you do".



MORE INFO

For further information about Young Carers Action Day visit: www.carers.org/young-carers-action-day-2021/young-carers-action-day-2021

HELP MAPPED OUT!

Plans are being mapped out this summer to show young carers where they can receive help & support.

The Trafford Carers will be embedding a map on their website so young people can easily check what kind of help is available to them at their school or college, for example, if the school has a designated young carer lead, or if there are staff trained in young carer awareness.

Trafford Carers is hoping all schools in the area will take part, so watch this space...

YOUNG CARERS NEWS



Emma Evans fell in love with Manchester when she came to the city to study fashion at Manchester Metropolitan University.

After completing her course she spent 18 years in the fashion industry designing for top brands such as Next, Top Shop, Fat Face and Superdry but three years ago she decided to switch careers and become a full-time artist.

Now, as well as creating her stunning colourful acrylic artworks, which she sells in galleries and on her website she is excited to be once again running a series of courses for Trafford Young Carers.

Emma explains that Manc Spirit the mental wellbeing charity founded by Paul Ludden and Damian Carr who organise the #OurTrafford festival, initially asked if she would help out and the rest as they say, is history.

“It’s been a lovely journey. I have really, really enjoyed it,” Emma enthuses.

“I’ve loved working with Trafford Young Carers, all the kids and leaders are fantastic. I’ve enjoyed doing the classes as much as everyone else.”

“When we do the classes we do them together, so I’ll be creating as they’re creating and I love their freedom of expression. I get a lot from their imagination.”

Young carers will once again be able to take part in Emma’s classes over the summer holidays and she says she’ll have lots planned. One project that is already underway is a ‘positive’ colouring book that has been designed in collaboration with the young carers themselves.

The theme of the book is ‘spring’ and a copy of each book is



PHOTO: Joseph Scanlon



Meet artist EMMA!

being sent out to each member of Trafford Young Carers.

“So hopefully if one day someone’s not feeling great they will be able to colour in a positive message that one of the other young carers has created,” Emma explains.

“My classes are created bespoke for Trafford Young Carers so they’ve been collaborations centred on what we want to achieve together.”

Emma says she will be launching a complete programme of classes over the summer. They are not yet finalised but the sort of things she has done with the young carers in the past have included doodling what they are grateful for in a Yayoi Kusama dotted style, designing positive postcards to send out to friends and family, creating their own portraits in a Picasso

style, doodling favourite walks in a David Hockney style and inventing their own species of bugs.

“I’ve been a fashion designer for the past 18 years and for the past three years I’ve been creating art,” says Emma.

“But doing creative classes like this with children was a first for me with Trafford Young Carers. I was helping them but they were helping me at the same time. So it’s been a gorgeous journey.”

MORE INFO

You can check out Emma’s work at www.emmaevansstudio.co.uk

1 DATES FOR THE DIARY

1 June: Class project TBC.
29 July: Class project TBC.

NURSE REBECCA'S FOCUS ON...



ALCOHOL

What are the effects of alcohol on your mental wellbeing?



ALCOHOL alters brain chemistry and having a couple of drinks can positively lift your mood but the euphoric feeling is only temporary. In the long term, drinking has the potential to cause problems with your mental health.

Drinking heavily changes your brain chemistry. If you are regularly imbibing alcohol you will lower the level of serotonin in your brain and this chemical is so important as it regulates our moods.

Changes in your mood and behaviour caused by drinking could lead to an increase in arguments and even violence and subsequent feelings of shame can lead to increased isolation – among both yourself

and those close to you. It’s not just the effects when we are drinking that can affect your mental wellbeing. Hangovers can also have an impact. Waking up feeling ill, anxious and jittery can make anxiety and depression worse as well as have a negative impact on your caring role.

Heavy drinking may be caused by the stresses and anxieties you are dealing with, but it’s a vicious circle as drinking usually makes the situation worse and creates additional practical difficulties.

Having drink-free days and staying within the recommended guidelines of 14 units a week will help your health and wellbeing.

If you are worried about your drinking and your mental wellbeing, you can talk to Carers nurse Rebecca or contact your

TOP TIPS FOR CUTTING DOWN



Nurse Rebecca's tips for cutting down on your alcohol intake

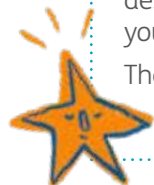
- 1 Space out the length of time between drinks.
- 2 Reduce the number of alcoholic drinks.
- 3 Mix weaker drinks with less alcohol.
- 4 Substitute a glass of water for every other drink.
- 5 Switch from an alcoholic drink you like to one you don't.
- 6 Adhere to a weekly reduction schedule with a stop date.

GP. We can help you find out more about the help and support available.

To keep health risks from alcohol to a low level if you drink most weeks:

- Men and women are advised not to drink more than 14 units a week on a regular basis
- Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week.
- If you want to cut down, try to have several drink free days each week.

PHOTOS: Julia Zolotova/Unsplash; Kelsey Knight/Unsplash



Taking care of Body & Mind

As carers, you are not only concerned about those you care for but at times you can also worry about your own ability to carry on. That's why it is so important that you find ways to help you cope. Trafford Carers is dedicated to giving you the tools to ensure that you remain mentally and physically healthy, offering courses ranging from meditation and yoga to one-to-one counselling. Here are **EIGHT WAYS** you can take time out for yourself and ensure that you keep healthy in body and mind.

1 MEDITATION & RELAXATION

Learn how to become more aware of your thoughts and gain a different perspective by practicing meditation and relaxation, from every Monday from 2-3pm.

2 ART GROUP

Unleash your creative potential by joining our art group every Wednesday from 10am-11am.

3 GARDENING GROUP

Time to flex those green fingers at our gardening group which is held each Monday from 10am-1pm.



4 COUNSELLING

Trafford Carers continue to offer one to one counselling sessions via phone or zoom and have 21 counsellors, one of which can offer cognitive behavioural therapy CBT which is a more structured form of therapy.

MORE INFO

If you are interested in any of the above activities, please email Andrea for more details: andrea.fawcett@traffordcarerscentre.org.uk



5 YOGA

Whether you've perfected your downward dog or are just a beginner everyone is welcome to join in each Friday from 11am-12noon.

6 RELAXATION

Relaxation sessions are also available to carers and can be emailed out on request. All of the above are delivered via Zoom and carers can contact Andrea for details.

7 CREATIVE RELATIONSHIP GROUP

This is a small counselling group which is held each Wednesday from 1-3pm.

8 WALKING GROUP

As the weather is getting better what could be more therapeutic than going for a walk?

We are aiming to set up a walking group so if you would like to come along, contact Andrea.



PHOTOS: Madison Lovem/Unsplash; Benjamin Combs/Unsplash; Anek Adeoye/Unsplash

Say hello to SIMON!

Hi folks!

I'd like to introduce myself. I'm Simon Locke the new Business Development Manager. I joined the team in February and I'm happy to be here.

My working life over the last 30 years has been in varied settings including youth and community work, working with foster carers, working in children's homes, secure units for young adults, supporting looked after children and care leavers, community development work, charity retail and fundraising, homelessness provision, peer led social enterprises, managing day centres and business development for charities.

Quite simply, I'm here to try to bring money, resources and support to the charity to sustain the work we do. Whilst I have lots of ideas I really want to hear your thoughts on how we go about raising awareness about the charity, making and attracting money to Trafford



Carers and how we should spend it most effectively. I would like the opportunity to talk with carers about their lives to help me be able to tell your stories to funders, supporters, politicians and commissioners so they understand better what it is like being a carer. In this way they can

hear the good, the bad and the ugly of the everyday straight from those living the life.

I live in sunny Sale with my family, two lively dogs and a very loud parrot! I'm a trained artist, I like re-purposing old things which is my way of justifying rummaging round in skips in my spare time for materials and quirky objects I can recycle to make things. I'm happiest out walking my dogs with a good coffee in hand on a sunny windy day.

If you have any questions you want to ask me, advice you want to offer me or ideas you wish to share please feel free to give me a call on **07881 093 474** or email me: simon.locke@traffordcarerscentre.org.uk.

I would love to have a zoom chat with you and I look forward to meeting you all properly one day soon.

Simon

THT'S £90,000 funding boost

We are very pleased to announce that we have been awarded £90,000 in funds from Trafford Housing Trust's Social Investment Fund for a two- year project to help support carers at risk of isolation.

Trafford Housing Trust have been incredibly supportive of our application and we have been working closely with Capacity Builders to ensure that the application we made would really

help to make a difference to the support we can offer carers.

As part of the funds we will be recruiting a Carer Support & Engagement Officer who will increase networks of support through enhancing our current calendar of activities as well as working with key services across Trafford to build a stronger support network. The funds will also enable us to run a series of carer resilience workshops which

we hope to launch sometime in the summer.

Our volunteer programme has also received a boost and over the next 12 months our Volunteer Coordinator will be building support to continue development of our befriending project, fundraising, carer consultations and forums and also with helpline support. If you are interested in volunteering please call **Angela on 0161 848 2400 option 4.**

Don't be afraid

BEFRIENDING IS A LIFELINE FOR THERESA

In response to the Covid-19 crisis a telephone befriending service has been set up to support carers and is proving a vital lifeline for those who need to talk.

Carer Theresa Broadbent had experienced Trafford Carers counselling service when her husband Martin passed away five years ago but she found herself feeling very down (understandably) when her six-year-old grandson Tyler was discovered to have cancer.



"After Martin died I carried on with Trafford Carers going to the carer's choir and art group and craft group because even though you lose your partner they let you carry on with the activities," explains Theresa.

"But last year I re-enrolled with them because my grandson, who is only six, has got cancer."

Tyler has neuroblastoma in the kidneys which has spread to his bones and lymph nodes and has already undergone chemotherapy and a six hour operation to remove tumours. To make the situation worse, the Covid pandemic meant that Theresa was unable to visit him in hospital.

She was also concerned for her daughter Maria and partner Dan,

who are going through the anguish of having their little boy so seriously ill but felt she didn't want to burden them with her own feelings.

"I've only got the one daughter, Maria and she and her partner Dan are obviously going through it so it's nice to talk to someone else," she explains.

When it was suggested she could benefit from having a befriender she jumped at the opportunity and has found it a huge help.

"I'd had counselling before and I thought this would probably be different but I was quite willing to give it a go."

Her befriender Chiara now rings her for a weekly catch up and Theresa says it's had a very positive effect.

"She wants to know how I am but we talk about anything really," says Theresa. "It's nice because it's not like talking to your family and strangely enough Chiara also gets help from it. She says 'you help me because I learn things from you' so it's like a two way conversation."

"But I look forward to it. It's great, especially if you're feeling a bit down. You can tell her what you're thinking and how you've been in the week. In a way I suppose it's like a little bit of counselling really but as if it's being done by someone who's a friend."

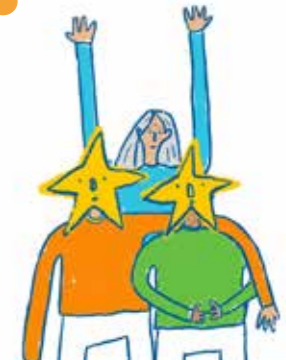


CAN YOU HELP?

Trafford Carers are looking for volunteers with a background in befriending/health and social care and/or knowledge of caring to volunteer as telephone Befrienders. To apply complete the application form and email it to angela.andrews@traffordcarerscentre.org.uk

to ask for HELP!

HOW COUNSELLING GAVE LYNDA HER LIFE BACK



BEFRIENDING for somebody can be hard work to say the least. It can take its toll on your physical and mental health but it is something most people do out of love and you then find out that the worst thing isn't the caring. It's when the person you care for finally passes away.

This was the situation Lynda Phelan found herself in when George, her husband of 52 years died last summer during the Covid pandemic and she discovered she was the one who now needed help.

She says she became very bitter because Covid had made everything worse. She was unable to be with her husband when he went to hospital during the final three weeks of his life and of course she could not give him a proper funeral.

Eventually Lynda hit rock bottom but the district nurses who had looked after

George recognised something was wrong and recommended counselling.

"The carers contacted me after George had died and they put me in touch with Tina, the counsellor," she recalls. "That was a life saver for me. She was amazing. I love Tina."

Lynda explains that following George's death she began to question everything.

"I just thought 'What is the point of living?' That was how I felt. Everything had been noisy in the house. My husband was always the life and soul, so the thing that really got me was the silence. I couldn't take it. That's what I missed the most: someone else's voice and I couldn't see any way out of that at all."

"But I started talking to Tina and gradually over the months we established a really good relationship. She was so brilliant that I went from being in total despair to now, when I can see a future for myself. And I didn't think I would ever get to this stage. She was fantastic."

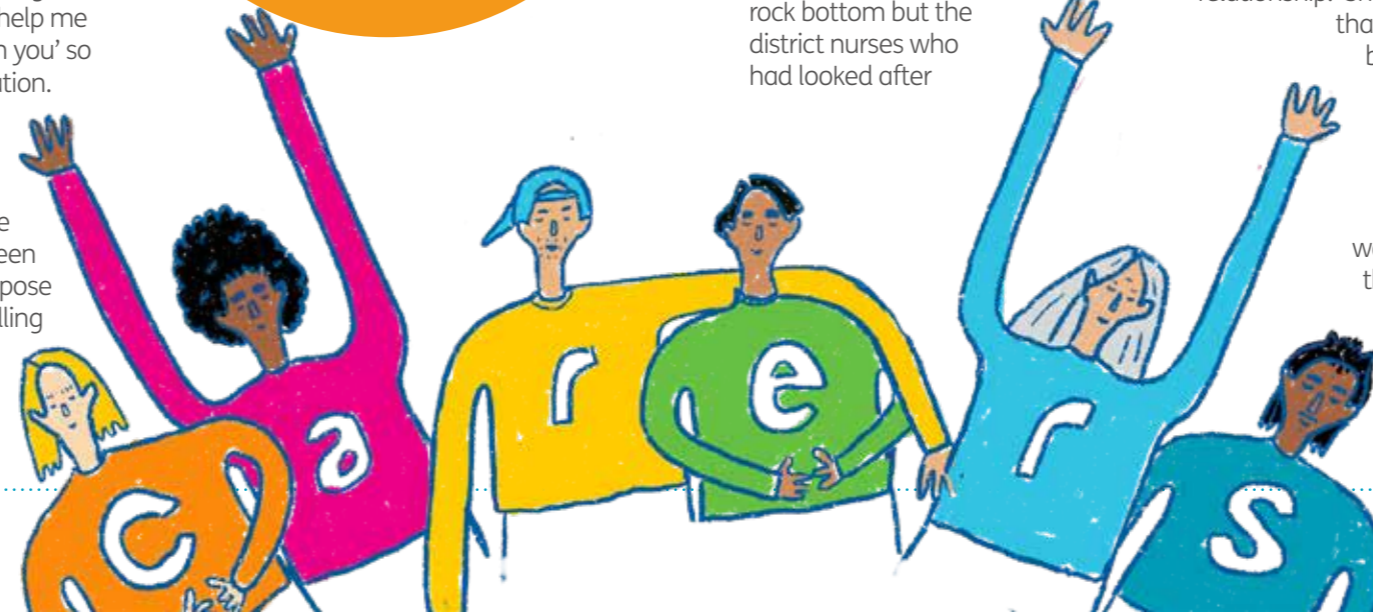
Tina rang Lynda every Monday morning for



months with suggestions of how to deal with her grief and 'homework' to help her through the days and as time passed, she was able to feel close to normal again.

Counselling has helped her so much that she now wants others to know that it really can and does work.

And for anyone who might be going through a similar situation Lynda has this advice: "Trust the counsellor - I have every faith in Tina. We hit it off very, very quickly and I do think that anybody who does that job will be as empathetic. It does make a huge difference. I'm not a person that talks easily to people. I have always been reserved but I could talk to Tina. She was amazing."



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

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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

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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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