



Registered Charity No. 1102075

CARERS NEWS

Issue 135

November - January
2022/23



WINTER BLUES

Mental health special

Sweet dreams

Top tips for better sleep

Crafty way to get together

Story behind Knit & Natter

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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,



The festive season can be a tough time if you care for someone. While most people seem to be going out and having a good time with friends and colleagues, as a carer you will still have to carry out your normal duties. For those who celebrate Christmas, it's a time of year when you're expected to do even more than usual, whether it's finding time and money to buy presents for children, decorate a tree, or cook something special. But if you can't be bothered it's not the end of the world.

You may already be experiencing the winter blues – especially if you suffer from SAD (seasonal adjustment disorder) or maybe it's just because the end of the year forces us all to take a good look at our lives and yours just hasn't seemed to change very much. So, there's no time like the present to take stock of your mental health. One of the first things you can do, is fill in the Self Review Health Check Form which is on **page 15**, which is a great way to assess whether you are coping. And try not to worry if you are not, as on **pages 4-5** we highlight some of the ways you can access help.

Of course, you might just love the festive season, and to have something to look forward to in our lives has to be a positive thing but it should be happening all through the year, not just at Christmas and New Year. Even a regular gathering can prevent you from feeling isolated and even bring you pleasure, so let me point you in the direction of **page 14** here you will find a list of all the activities and groups you can get involved in. Many carers find these are an ideal way to take much-needed time out for themselves and they can be a lifeline for many of you who are struggling with a carer role.

One such person, Kirsty Parsons shares with us the problems she has had with her mental health since her husband developed Parkinson's disease aged 44. Now she runs **Knit & Natter** classes to help other carers, telling us: "It's less knit and more natter." Be inspired by her story on **page 13**.

Finally, I would just like to send warm wishes to everyone at this special time of the year, and I dearly hope you experience many joyful moments as we make our way into 2023.

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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



Living with psychotic illness

B **EING** the carer for a family member with a diagnosis of paranoid schizophrenia hasn't always been easy for Laura, but it has brought positive change to her life.

When her family member was first diagnosed, she was working part time in a local supermarket. Her role as carer became the catalyst for a career change that now enables her to help others in similar situations.

"He struggled during his teenage years and spent periods of time in prison," Laura explains.

"During one of the times he was in custody, my parents and I realised he was showing signs of being mentally unwell. A doctor assessed him, and he was then transferred to a mental health unit."

It was a difficult time as he had violent outbursts and her parents had to take a step back from their caring roles. Laura decided to take on this responsibility and became the "middleman" between him, her parents and mental health staff.

However, in this role as carer, she realised she needed to understand more about mental health, and it sparked a life changing career move.

"I went back to college, juggling work and family, before gaining a role as Nursing Assistant on mental health wards," she reveals. "I've

been working in mental health for seven years now. I wanted to give a bit back, but I also needed to find out what goes on and what the processes are when a person is detained on a psychiatric care unit."

Laura now works in the community at Greater Manchester Mental Health NHS Foundation Trust (GMMH) within the Trafford-based Early Intervention Team, which runs a three-year programme for service users aged 14-35 who have experienced their first episode of psychosis.

"It is the early intervention for a mental health crisis that we hope will create a positive outcome and promote recovery" she explains.

After taking part in her training, Laura is now in a position to support service users and their families, offering emotional and practical support.

"My role is as a Support, Time and Recovery Worker," she continues.

"Our team aim is to promote recovery and reduce the duration of untreated psychosis, focussing on goals such as social inclusion,

quality of life and confidence building. My role supports individuals to get back out into society, return to study, gain employment and manage emotions. The effects of suffering with psychosis can be very limiting and can impact hugely on daily life."

Laura has learned about the kinds of practical care, welfare support and types of therapy available to service users, including her family member, and was able to reassure her parents, which helped them in their own recovery journey.

"Then I became Carer Champion, where I attend quarterly meetings to see what policies, activities and support networks are available to offer support to carers," says Laura.

"Because I have the lived experience of being a carer, I am able to offer peer support as well, which means I can help other families who are struggling. This could just be about having a chat with them and letting them 'offload', because in many cases that is what is most helpful to them."

Meanwhile, Laura has learned how to deal with the ups and downs of having someone in the family living with a psychotic illness.

"He's still surviving, he's still living and building his own independence. He doesn't need me doing as much as I thought I had to do to aid his recovery," she says.

"I ended up almost living his life for him and that's not good for anybody.

You have to be so careful you don't overload yourself and take away the skills of others. On reflection I didn't realise how my help could also hinder, literally by doing too much.

It's so important to get the right balance."

To find out more about caring for people with mental health, alcohol or drug problems, please visit the GMMH website:

www.gmmh.nhs.uk/carers-family-and-friends
www.carefreespace.org/take-a-break/





Counselling for Carers

Counselling is an opportunity for you to explore your thoughts and feelings in a safe, supportive and confidential setting. We have a team of supervised trainee and qualified counsellors who are here to help you through difficult times. Access to our counselling service is free for registered carers aged 18 and above. Visit our website: www.traffordcarerscentre.org.uk and search for 'counselling' to find out more. Or you can send an enquiry to counselling@traffordcarerscentre.org.uk or speak to one of our casework team to find out more. If you'd prefer you can also call our helpline on **0161 848 2400** option 1.

Mental Health & winter blues

Mental health is the foundation for our well-being. It's the basis for our emotions and fundamental to communication, learning, resilience, and self-esteem. Mental illness can affect our personal and emotional well-being, relationships, and the way we contribute to society, which is why we should not be afraid to seek help if we are experiencing symptoms of mental illness such as depression, anxiety, mania, and hallucinations.

Sadly, many of us suffering from mental health problems do not want to face up to them

or it could be we do not even recognise there is anything wrong. We might explain away depression as just being overworked or tired, or want to cover up our anxiety for fear we will be judged by others.

In fact, the most common mental disorder in the UK is mixed anxiety and depression and 10% of people in England will experience depression in their lifetime. But there are many other forms of mental illness that can affect your way of life, including seasonal adjustment disorder (SAD), OCD, bipolar

illness, and psychosis. In the past, mental problems carried a stigma which is no longer relevant today.

People have a much better understanding of depression, anxiety and other conditions and GPs have been trained to treat mental illness with the same importance as physical illness.

So, we urge you not to suffer in silence.

There are people out there who can help. They don't have to be your GP. On these pages you'll find areas where we can also support you internally.

Health Checks



Did you know that our Carers Nurse, Rebecca, can support your emotional and physical health via a Health Check? Our registered carers can book a one-hour appointment for support with things such as blood pressure, sleep, caffeine, alcohol intake, as well as sleep and low mood.

She can liaise with your GP on your behalf if needed and also with external agencies if you would like support from more specialist services. Booking a Health Check – which can be face to face, or via the phone – is easy; just call our helpline on **0161 848 2400**, option 1 or email: **info@traffordcarerscentre.org.uk**

If you can't commit to a health check appointment, we also offer Chatty Cafe drop-in sessions with our Nurse – Rebecca's next visit will be on Thursday 17 November.

We understand the pressures of the caring role, if you feel you don't have the time to complete a full health check, you can **complete the form on Page 15** of this newsletter and our nurse can contact you to follow up on anything relevant.

Quotes from CARERS who've received the Health Check...

"Given a chance to actually talk and not a ten-minute appointment was so valuable"

"The health check highlighted areas of my wellbeing that have been compromised but need to be kept in check so that my role for my dad doesn't jeopardise my own physical and mental health in any way"

"It was helpful to talk about my physical and emotional health. Since the health check I have improved my diet, and I am more knowledgeable about nutrition".



BlueSCI

BlueSCI Support can offer you support around your mental health and wellbeing over the winter period. In a time where people feel their mental health can suffer due to shorter days, colder weather and the added pressure of Christmas, BlueSCI have a range of social activities and groups you can join, free of charge to connect with others and learn new skills.

BlueSCI also run out of hours support through their 'BlueSCI at Night' service – a friendly and supportive community alternative to traditional crisis services, it is open to anyone in emotional distress, or experiencing a mental health crisis. If you feel you need one-to-one support, your GP can refer you for social prescribing (a process of connecting you with local services and communities, with you at the centre of the conversation). You can also self-refer for support via the BlueSCI website: www.bluesci.org.uk.

You can also drop in to one of our four centres in Sale, Timperley, Old Trafford or Partington to find out more.

FEELING ISOLATED?

See our groups on **PAGE 14** where you can connect with others.

The Early Intervention Team

This is a three-year service created to help patients aged 14-35 who have experienced their first psychotic episode.

On **Page 3**, Laura a member of the team gives us an insight into her own experience of caring for her brother who suffers from paranoid schizophrenia and her work with the Early Intervention Team. Although only a three-year programme, Early Intervention Team patients can continue to get the support they need from various mental health teams. They can be referred to their GP or transferred to the Trafford mental health team if they need more support.

The main message is there is help out there for anyone experiencing a mental health crisis.

Says Laura: "Having an episode of psychosis can be quite destructive and the earlier we treat it the more positive results we hope to get from it."



YOUNG CARERS

NEWSLETTER

YOUNG CARER

Ella-Rose steps up

YOUNG Carer ,Ella-Rose Ryan, always goes the extra mile to help her family – even more so recently when both her mum and dad were laid low with Covid.

The 12-year-old provides invaluable support to her mum, Emma, in caring for dad Mark, who suffers from Graves’ disease and diabetes and her younger brother Mark who has autism and ADHD.

Emma explains that Graves’ disease is a rare auto immune disease that affects men worse than it does women.

“It’s thyroid based,” she explains.

“Dad has had it for five years and although this year he had his thyroid removed, which is supposed to help, it could take another three years for him to balance out.

“With Graves’ disease, you can either lose loads and loads of weight or gain loads of weight. When dad got it, we didn’t know what it was. He lost four stone in two months. There are mood

swings, you can’t swallow at times, and you can only eat a certain amount before you feel sick. There’s also depression with it because it is hormonal based - so one day dad can be fine and another rough and grumpy and when dad’s ill it can last for months and months.”

Ella-Rose stepped up to help her family when she was only eight years old and her elder sisters Izzy, 16, who is also a Young Carer and Rhiannon, 14 also do their bit.

Says Emma: “Ella-Rose cooks, cleans, and literally does anything and everything. But just over 12 months ago, she got diagnosed with Idiopathic Intracranial hypertension (IIH) which is swelling behind the eyes. That’s quite rare as well, so she has her own illness that she copes with on a day-to-day basis.

“And this week me and dad have Covid so it’s a bit of extra work. She’s got to drop her brother off at school and does things like helping with the cooking, sorting medicines out and picking them



up from the chemists as well as day-to-day housework.

“We are definitely proud of her, especially at school. She’s always hitting her targets at school and going above and beyond, and she’s got two awards this year so far.”

Ella-Rose says she loves spending time with her family, at things like movie nights and games night and taking care of everyone.

“It is an experience because we have up and down days,” says the Year Eight Blessed Thomas Holford pupil.

“But I am proud of helping out and doing jobs for my family.”

What we did in **SUMMER!**

**Trafford Carers Senior Young Carers Officer
SHAY GARRY gives us the lowdown on what's been
happening since the last issue of the newsletter**

HAF funding news

I am really pleased to say that during the summer schools holidays we were successful in applying for a Holiday Activities Fund Grant. This meant that along with our partners Grip Adventure we were able to fund four weeks of free exciting holiday activities running for our Young Carers. The sessions ran on four days, Monday to Thursday, from 2pm to 6pm with a tasty hot meal provided as part of the package. 40 places were on offer, and these were quickly snapped up. The sessions were really successful with a lot of Young Carers enjoying new experiences and making new friends. It is hoped that we will be able to apply for similar funding to cover both the forthcoming Christmas and Easter breaks.

Summer activities!

Along with the four weeks of activities we ran with Grip Adventure thanks to the Holiday Activities Fund Grant we also ran two weeks of activities for the Young Carers who didn't want to engage with the Grip Adventure offer. In week one we ran a Kayaking Session at the Water Adventure Centre for secondary aged Young Carers, two Ten Pin Bowling sessions (one for primary and one secondary aged) and a Total Ninja Session for all Young Carers. In week two we offered a Simply Cycling Session open to Young Carers of all ages, an Escape Room session for secondary aged Young Carers, a Minikins Paint a Pot session for primary aged Young Carers and an Everyone Can gaming session for all our Young Carers and their siblings. All of the sessions were really well received with all of the available places fully booked up.

Overnight camps

Following on from the funds made available from the Coast to Coast Bike Ride along with Grip Adventure we were able to offer two overnight camping experiences. One was for primary aged Young Carers and one for secondary aged. The groups met at Grip Adventure at 6pm on a Friday and issued with tents and sleeping bags they boarded the Grip Adventure barge.

They made their way to Lymm to a campsite (conveniently next to Ye Old Number 3 Public House), where they erected their tents and prepared their sleeping bags for the overnight stay. After a quick search for firewood a blazing campfire was soon on the go. A few games were played before a cooked meal was on offer in the pub. After a few more games around the fire, it was time for bed.

Wednesday night Grip Adventure sessions

For some time now we have been considering outsourcing the delivery of some of our Young Carers evening youth club sessions. So, on Wednesday 21st September we started an eight-week trial with our partners Grip Adventure. Both the junior and senior sessions will run on Wednesday evening at Grip Adventures base in Sale. The junior session, for young carers in school year four to seven will run from 5pm to 6pm and the senior session will follow from 6pm to 7pm. Young Carers in school year seven can then move up to the senior group once all parties i.e., parents, Grip staff and the young carers themselves feel that they are ready for the transition. After initial support from Trafford Carers Centre staff the plan is for further sessions to be fully staffed by Grip Adventure's highly qualified and experienced team.





Coast to Coast fundraising ride



S

HAY GARRY has always been a bit of a MAMIL (middle-aged man in lycra) so taking a 170-mile coast to coast bicycle ride seemed the perfect way to raise funds for Trafford Young Carers fantastic overnight camps.

Shay, Trafford Carers Senior Young Carers Officer, and his brother Chris challenged themselves to a ride that took them from the seaside town of Morecambe on the Lancashire coast to the East Riding coastal town of Bridlington, riding up hill and down dale through some beautiful Yorkshire countryside.

What Shay hadn't bargained for was recovering from Covid a week before he was about to embark on the challenge, and the scorching 90-degree heatwave which happened to coincide with the duo's fundraiser. Add into the mix, the rugged terrain and it proved a much more arduous experience than both had anticipated.

"We've both done cycle rides of 60 miles without any issues, and we thought 170 miles in three or four days should be relatively easy, but we didn't count for just how extreme some of the hills were," admits Shay.

"In a few cases we had to get off and push and I'm talking pushing for an hour and a half in fact we saw professional cyclists who had to do the same on top of the range bikes. And I certainly wasn't expecting it to be 80 to 90 degree, heat!"

Sponsorship for the fundraiser came from friends and family and raised £1,200, which funded the two overnight camps for 20 Young Carers which made it worth all the agony – and the lycra wearing (not a pretty sight laughs Shay).

So would he do it all again? "Yes, I think I will do it again," he says, "But not until next summer!"



Meet Alexia Bastien...

ALEXIA BASTIEN is the new Young Carers Officer at Trafford Carers Centre. She joined the centre on 5 September and stepping in to replace Jules Kennedy, who is now Carers Support and Engagement Manager and also working alongside Senior Young Carers Officer Shay Garry.

But it wasn't her first time at the centre as she explains: "I was with Trafford Young Carers at the end of 2020 as a Trainee Social Worker. I was there on placement for six months and really enjoyed my time at Trafford Carers Centre – even in the middle of the Pandemic – so decided to come back after graduating!"

Alexia graduated this July studying a Bachelor Degree in Social Work at Manchester Metropolitan University, which she says was stressful, but rewarding, as she is very passionate about working with children and families to protect their rights and promoting positive changes in their lives.

Alexia's role as a Young Carers Officer involves doing carers assessments and supporting the young carers as much as she can by helping them access as much support as Trafford Carers Centre can offer.

"I am enjoying the work so far, meeting and getting to know the young carers through our weekly activities and just really looking forward to seeing where it takes me," she reveals.

The future career goal for Alexia is to be part of a Humanitarian Aid Organisation working in child protection team and projects.

"Am I going to develop another passion for something else? I don't know but for now I am grateful for the opportunity to start my journey here at Trafford Carers Centre by working with young carers and their families."

Trafford Carers Apprenticeships

Our ambition is to offer a number of apprenticeships to carers of all ages to staff and deliver 'Carers Line', a reworked version of our existing helpline. Carers Line would grow and develop the services offered as need arises and the group of volunteers increases.

We are looking at the apprentices' role description currently, considering just how it will work and what would be needed to deliver the opportunity.

If you would like to discuss this with us, or to offer advice/suggestions on what 'Carers Line' could deliver, please ring **Simon Locke** on **07881 093474** or email: **simon.locke@traffordcarerscentre.org.uk**

Volunteering latest

I'm Angela, the Volunteer Coordinator at Trafford Carers Centre.

I am really enjoying my role as I get to meet so many different people from all walks of life. We really appreciate all the support from our volunteers from the befriending support telephone calls they make to our carers, through to those volunteering their time to run activities and groups.



If you are interested in becoming a volunteer, we are looking for telephone befrienders; a community engagement officer to support our LGBTQ+ carers; and a digital communication officer. So, please feel free to contact me. My email is **angela.andrews@traffordcarerscentre.org.uk** or you can call me on **07890 326428**.

News & UPDATES

A Union of Carers

Roll up, roll up, roll up... and join the Trafford Carers Centre Union of Carers!

At the last census in 2011 it was recorded that there were 24,000 unpaid carers in Trafford so we think that this number will only have increased. We think it would be a good idea to get all the unpaid carers to join together by creating a group so they have a unified voice to be able to influence decisions made on their behalf by different agencies, together be able to tell local government what they think about an issue and to receive discounts from retailers, businesses and companies because together they would have a greater purchasing power than alone.

This is just an idea at present so we would love to hear what you think.

• For more information, or to share your ideas and thoughts, please give **Simon Locke** a call on **07881 093474** for an informal chat or email him at **simon.locke@traffordcarerscentre.org.uk**



We need you... to become a trustee!

Trafford Carers Centre has a board of trustees, who act as an oversight committee to ensure all the decisions taken by the management team are in the best interests of the charity and are supporting unpaid carers in Trafford to receive the best support they need.

We are looking for people with lots of life experience, loads of common sense and a good sense of humour to support us to face the challenges in delivering our services to an ever-growing number of carers across Trafford.

• If you would like to find out more, please give **Simon Locke** a call on **07881 093474** for an informal chat or email him on **simon.locke@traffordcarerscentre.org.uk**

Discounts for carers

If you are a carer and you receive Carers Allowance, you could apply for an Ode card from Discounts for Carers.

This works the same as any other debit card. You load money onto it first then shop online or in store and receive cashback. Shops signed up to the scheme include Asda 2.5%, Argos 5%, Sainsbury's 3%, Primark 4.5% New Look 7%, Wilko 4% and M&S 3%.

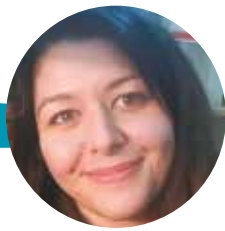
• For further information, go to: **www.discountsforcarers.com/carers-cashback-card**

Need disability equipment?

The 'Greater Manchester Mobility & Disability Equipment Thrift' group has been set up on Facebook to enable the community to access thrift mobility and independent living aids that social services or the NHS do not want returning.

Follow the link here for further information: **www.facebook.com/groups/769786143821875**

UPCOMING EVENTS



6-week ART WORKSHOP

My name is Samina Bukhari, I am a Manchester-based visual artist and I am also a carer for my mother. Over the years I have received help and support from Trafford Carers and now have an opportunity to give back.

I am conscious that as carers and cared for, we often face difficult dynamics and limiting challenges that can impact our ability to fully express ourselves.

I am currently working on a project to promote well-being and to create visibility for carers in the community. I will be facilitating six creative workshops at BlueSci support centre in Old Trafford, beginning on the 2 November 2022.

The workshops will be a safe space for carers and the people they support to creatively explore themselves, their identity and their experience of the caring role. There is no need for any prior artistic experience and there are no right or wrongs in this process.

We intend to exhibit the works created and there will be an opportunity to take part in a video interview that will be shown alongside the work.

MORE INFO

15 spaces are available at Samina's Art Workshop. If you are interested in joining, please contact Jules on 07435 249 651 or email: carevents@traffordcarerscentre.org.uk

Diary DATES

ALL EVENTS FREE TO ATTEND

* No booking required, but if you'd like to register your interest by emailing carevents@traffordcarerscentre.org.uk or contacting Jules on 07435 249 651, we can keep you up to date with more details.

** Booking required

Thursday 24 November CARERS RIGHTS DAY *

Drop in at Stretford Public Hall, 10am – 2.30pm for information and advice from our team and other organisations across Trafford, including a Power of Attorney workshop delivered by solicitor, Kerry Blackhurst. Free event with light refreshments and free therapies for Carers.

Thursday 24 November BEREAVEMENT DROP-IN *

At Stretford Public Hall, 2 – 3.30pm. Supported by qualified counsellors from the Centre for Family Counselling team and open to Carers who've lost a loved one.

Friday 2 December CARERS CHRISTMAS CRAFT & NATTER **

At Minikin Art Café in Sale, 7-9pm. Join us for a relaxing evening where you'll have the chance to paint a pottery bauble for your tree but more importantly meet others and take time for yourself.

Monday 12 December CAROLS BY CANDLELIGHT *

Join us at Fiona Gardens in Sale, 4pm – 5.30pm for carols from our Carers Singing Group, mince pies and refreshments. Open to Carers and their families.

Thursday 15 December – WINTER WELLBEING AT CHATTY CAFÉ *

At The Life Centre, Washway Rd, Sale from 10am-12pm. Join us

for a winter wellbeing morning with free refreshments and free pick-me-up hands-on therapies for our carers.

Wednesday 11 January 2023 ONLINE POWER OF ATTORNEY WORKSHOP*

We welcome Silvertime Legal to our weekly Wellbeing Wednesday zoom catch-up, 10am – 11am, who will be discussing Wills, Trusts, Lasting Power of Attorney, Inheritance Tax and how to protect your assets against care. Zoom Meeting ID: 923 5162 Password: aKAe87

Thursday 26 January 2023 BEREAVEMENT DROP-IN *

Our Bereavement Drop-Ins will continue in January and run on the last Thursday of the month, 2 – 3.30pm. Supported by qualified counsellors from the Centre for Family Counselling team and open to Carers who've lost a loved one.

February 2023 EQUINE CONFIDENCE & SELF- ESTEEM SESSIONS

An opportunity for a small group of Carers, along with the person they are caring for, to attend 6 sessions of equine therapy. The session will be led by two experienced therapists, Katy and Julie. Please get in touch to register your interest.

Other Updates

We're on Facebook!

#TraffordCarers – Check out our Community Page where you can share information and advice with other Carers

Christmas Closure – Our centre will be closed from 2pm on Friday 23 December and will reopen on Tuesday 3 January at 9am. Our telephone helpline – **0161 848 2400, option 1** – will be manned on Wed 29, Thurs 30 and Fri 31 December.





Kirsty's Knit & Natter



YOU may have heard of meditation and mindfulness as ways of coping with stress but what about knitting?

One woman who has discovered the calming effect of the click clack of the knitting needle is Kirsty Parsons who runs Trafford Carers Knit and Natter sessions.

Care worker Kirsty only took up knitting just before her husband Jim was diagnosed with Parkinson's disease, little knowing that it would be a simple way of helping her cope with what was ahead.

"My husband was diagnosed with Parkinson's six and a half years ago," reveals Kirsty.

"We went to this appointment, and he was told, 'Yes, you've got Parkinson's, you've had it at least five years; here's a load of leaflets take these tablets and we'll see you in six months, Ta-ra!' That's literally how it goes."

"At the time he was still working but I'd cared for people with Parkinson's in advanced stages, so I knew what was coming. I started researching and, after about 12 months, found I was

going to bed thinking about Parkinson's, waking up thinking about it; all I could think about was Parkinson's and it just completely took over my life.

"Depression took a grip; anxiety took a grip and I reached out to Trafford Carers and said 'Look I'm going out of my mind here'."

After being assessed Kirsty was given an eight-week session of counselling which eventually ended after 16 weeks when she felt she was in a good place.

"And that was it until during lockdown and I had my annual health check with Rebecca over the phone and realised I wasn't doing as well as I thought I was doing."

Kirsty had more counselling via zoom during the pandemic and it was during a conversation with nurse Rebecca that she revealed her love of knitting.

"I'm not an amazing knitter, but I enjoy it," she says. "I find it relaxing. I can sit and wind down if I am having a particularly bad day.

"It brings me back down to earth and it's amazing for my mental health. I was talking about it with Rebecca and she said 'do

you fancy doing a knit and natter?' It was actually something I'd thought about before and I said 'yes I'd really love to' - so very quickly we sorted some venues, I put out an appeal for donations of wool and knitting needles and I was absolutely inundated and it's great.

"I'm more than happy to teach the basics, I've got the wool got the needles you don't need to get anything. You just come along.

"It's definitely more nattering than knitting. It should be called nattering with a bit of knit.

"We've got a little WhatsApp group going and it's been nice meeting other people and hearing their stories."

COME AND JOIN US!

Kirsty's Knit & Natter takes place on **1st & 3rd Thursday** of the month, **11.30am – 1.30pm** at the Café in Stamford Park, Altrincham. **No need to book, just drop in.** Session includes a free drink from the café.



WHAT'S ON...

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



Jules

Activities & Groups

MON MONDAY

Art Group

10am – 12noon

St Matthews Hall, Chapel Lane, Stretford, M32 9AJ

Gardening Group

10am – 1pm

Gorse Hill Community Allotment, Burleigh Road, Stretford, M32 0QL
(or indoors at Trafford Carers Centre if the weather is bad)

Getting To Know You Group

(for carers of someone with poor mental health)

First Monday of the month

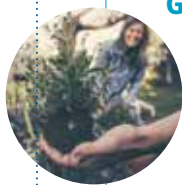
1pm – 4pm

BlueSci, 54-56 Seymour Grove, M16 0LN

Singing for Fun

4.15pm – 5.30pm

Fiona Gardens, Atkinson Rd, Sale, M33 6GG



TUE TUESDAY

Walking Group (with Mile Shy Club*)

10am Partington - Meet at Partington Family Medical Practice

11.30am Stretford - Meet at Victoria Park Community Centre

1pm Sale - Meet at Coppice Library & Wellbeing Centre

*Sign up at www.mileshyclub.com/referralformwalking and waive the £2 fee by stating that you are registered with Trafford Carers Centre



WED WEDNESDAY

BAME Carers' Catchup

Third Tuesday of the month

1pm-3pm

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

Wellbeing Wednesday

10am – 11am

via Zoom – Meeting ID: 923 5162
5180 Password: aKAe87

Walking Group (with Mile Shy Club*)

10am Trafford Centre –

Meet at The Great Hall

11am Urmston – Meet at

Lily's Café, Eden Square

1pm Old Trafford – Meet at

Limelight, 1 St Brides Way

Toy House Support Group

1pm – 3pm

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

Call 0161 746 8185 for details

Genealogy Group

1st & 2nd Wednesday

of the month, 1pm – 3pm

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

Flower Arranging

Last Wednesday of the month

1pm – 3pm

Coppice Library & Wellbeing Centre, Sale, M33 4ND

Meditation Vouchers

Flexible, weekly access on either a Tuesday 7.30-8pm, Wednesday 12.45 – 1.10pm or Thursday 7.30-8pm

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

THU THURSDAY

Carers Chatty Café

First Thursday (led by Sarah, Trafford SEND Advisor), Third Thursday (led by Trafford Carers Team)

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

Knit & Natter

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

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

Stretford Public Hall Carers Group

Second Thursday of the month 12.30pm – 2pm

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

FRI FRIDAY

Craft Group

10.30am-12.30pm

Urmston Library, 34 Golden Way, Urmston, M41 0NA

Yoga

2nd & 4th Friday of the month 10.30am-12.30pm

Meeting ID: 952 118 7488



If you would like to attend any of the activities above, please register by emailing info@traffordcarerscentre.org.uk or phoning 0161 848 2400, option 1, before attending so we can alert you of any changes. Or join our social media pages: Facebook / Instagram / Twitter: @traffordcarers.



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

Name:

Email:

Contact number:

Date of birth

Height: (Feet/inches)

Weight: (Stone/pounds)

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

Blood Pressure

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

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

www.nhs.uk/conditions/high-blood-pressure-hypertension/diagnosis/

Date and Time of readings:

Heart Rate Reading (beats per minute):

Systolic figure reading (top number):

Diastolic figure reading (bottom number):

Smoking status

Smoker

Never smoked

Ex-smoker

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

Mental Health

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

Sleep

Would you like further support around your sleep? Y N

Caffeine Intake

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

Alcohol

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

YES NO

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



What does your DONATION help with?

All the donations we receive support our work with unpaid Carers across Trafford. We don't take any money from your donation to pay for admin or business expenses. The donation you make goes to help make Carers lives a little easier by making them happier at Christmas. We don't know everything needed by Carers across Trafford until they tell us, BUT, we know, with your donation, we are better able to help when it's needed. For example ...

£5 ...can buy a café voucher for a nice coffee and cake for a treat.

£10 ...could buy a couple of good books to read.

£20 ...can buy a blanket to keep carers warm if they've had to turn the heating down because of rising energy costs.

£50 ...could help buy special warm clothing or bedding needed that isn't available freely anywhere.

£100 ...could buy a tablet for isolated carers to keep in touch whilst they are unable to leave home because of caring responsibility.

£500 ...can buy a family who would normally have nothing, Christmas presents for everyone.

£1000 ...could pay for a full garden makeover so a carer can enjoy sitting out when the weather is fine.

These are examples of what a difference your donation could make to the lives of carers, who we find, only ask for help with little everyday things to make life just a bit easier.

Given everything that is happening in the country we know there will never be enough money to go around BUT make no mistake your donations whatever the size are brilliant especially when we put that money together it can help towards running a project, event or trip that carers have asked us to deliver for them.

If you want to know more about the lives of unpaid carers in Trafford, please get in touch OR if you are a carer and have any great top Trafford tips for getting through the winter months please get in touch so we can share them.

If in doubt come on down to Trafford Carers Centre and we will give you a hug, a brew and a biscuit or two.

Take care and keep smiling!

If you're looking to donate to a charity this Christmas time, please do consider us!

