



Life after caring

Tune in...

Singing for fun with Jo

BAME focus:

Exploring carer's role through art

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A quick guide



ABOUT US...

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

Trafford Carers Centre is a registered charity that supports unpaid carers looking after someone in the Trafford area.

Read on to find out how we can help you!

Illustration: Ellie Awcock

Dear Carers,



We are heading into spring, hopefully feeling supported and positive as we get over the worst of winter, however I know that nothing is simple when you care for someone.

In fact, spring, a time for renewal and hope can actually make some of us feel more isolated and depressed. As a carer you can often have the perception that the seasons all merge into one as all your energies are focused on looking after the person you love.

What I hope we can show in this issue is that there is much out there to enjoy. To that end, we aim to supply you with as much information about how to get the most out of your spare time, meet new people and share some laughter. You could, for example, go along to our **Singing for Fun** group which is run by Jo Farrington (**page 13**). You don't have to have the voice of an angel to take part. Just a willingness to join in and have some fun! Or you might want to join our new 12-week Life Coaching programme, starting later in the spring. Read more about this on **page 11**.

We are also focusing on what you can do once caring ends. Just because the person you have been looking after for months or years has passed away doesn't mean you have to cut ties with Trafford Carers Centre. In fact, as you will discover from our special report on **pages 4-5**, we are here to support you through your bereavement, offering group counselling, advice and practical guidance.

We also put the spotlight on caring in the BAME community on **page 12** and how the use of multimedia art is helping explain the carer role. Finally, last but not least, you can find out what our Young Carers have been up to over the past few months on **pages 8-10**.

So many young people take on the role of a carer, some of them without even realising it and we want to make sure their lives are filled with as much discovery, excitement and enjoyment as that of any other youngster. But we need to acknowledge that caring can seriously impact on the mental wellbeing of young people, and this is a subject that will be highlighted in a special week from February 6-13.

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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Coping after a loved one has gone

BEREAVEMENT affects us all in different ways, especially when we have been caring for a loved one who then passes away.

Some of us have coping strategies to help us through while there are those of us who need some kind of support outside the family to help us navigate this difficult time in our lives.

But help comes in many ways as carer Lillian Lowe has discovered over the months since her husband Dave passed away after suffering from lung cancer.

Firstly, his illness was completely unexpected as he had never smoked and always lived a healthy lifestyle and secondly, Lillian didn't recognise that she needed help until her neighbour Michelle Grogan (who happens to be the CEO of Trafford Carers) recognised that Lillian wasn't coping too well.

Lillian explains: "Dave had cancer for a year so the last three months I was his carer. It wasn't a long time, but he'd been quite a healthy guy. He lost a lot of weight, couldn't taste any food because of the chemo, he wouldn't drink, he just went downhill and I couldn't believe it.

"Michelle was my next-door neighbour and we became quite good friends. She saw how bad I was and wanted to know if I wanted some help from The Carers Centre. It was only on Zoom at the time, but it was a massive help to me. That was where it all started."

One of the hardest things Lillian had to deal with was being alone, in spite of having a very supportive family. "We'd been married 49 years." She says.

"One minute you're a couple and the next minute you're on your



own – that's the hardest thing to handle making all the decisions alone. But to be honest if I hadn't got the help from the Carers Centre, I don't know what I would have done. It was absolutely wonderful, and it helped me through so many bad days and weeks."

Initially because of Covid, Lillian took part in Zoom meetings

hosted by nurse Rebecca and then she went on to access the bereavement support meetings.

"I've got in with such a wonderful group of people and we regularly go out together," she says.

"I've been to a lot of the meetings, and it's just been absolutely wonderful. Other people I've met say they didn't know what they'd do without it because it has got them through a very difficult time.

"You can cry, you can shout, obviously I have bad days and good days, but the help and support has been great. I even joined the gardening club, over a year ago now. We go to the allotments and have a chat in the office, which has been a godsend. I'd recommend it to anyone in that situation to get that sort of help.

"We've also just finished equine therapy. We went with Jules and Katie to the stables in Dunham Massey over six weeks and we were able to walk the horses around, because equine therapy, in fact any animal therapy is good for people. And we found that wonderful too.

"I'd like to also thank Joanne. She was a great help to us all and deserves to be recognised for the great support she gave us all.

"Trafford Carers have been there with everything. They've rung to see how I was, and I got involved in events. I was also able to talk about things that I couldn't discuss with my family. You can be more open; it's a release really."

One minute you're a couple and the next minute you're on your own - that's the hardest thing to handle; making all the decisions alone.



PHOTO: Yonecia Caswell / Unsplash.com

Life after caring

How do you get back on track once your caring role is over?

As much as we plan for the future and acknowledge the natural cycle of life, it still doesn't fully prepare us for losing the person we love and care for. As a carer this can be even harder as it can often raise feelings of guilt, heightened feelings of isolation and loneliness and a question of what do I do now? The team at Trafford Carers Centre will support you to access the right support, advice, and guidance whether that be to support you with returning to work, accessing benefits, navigating probate, or inviting you to our bereavement support group. Our support is available to you for up to two years after your caring role ends.

CLOSING THE CIRCLE

Sara and Jez Fixter run a small, local independent funeral service Full Circle Funeral Partners on Ashley Road in Altrincham, where they have created a warm and welcoming space, inspired by nature, to suit the service they offer which focuses strongly on wellbeing.

Sara says: "Our own experience has shown us that the kind of support people receive after loss can have a long-term impact on the grieving process and this is why we take so much care in our approach. Everyone's experience of bereavement is different and whilst some people value being given specific signposting, others prefer to be provided with as much information as possible about the options available so that they can make the choices that feel right for them."

As well as providing support to people who are making funeral wishes or arranging a funeral,

Sara and Jez run a support group for anyone who is bereaved, not just those who have used their service. They also have a bank of resources available on their website to help people through the grieving process, including information on staying connected after someone has died and using nature, nutrition, art and music to support wellbeing. One such resource is a leaflet outlining some of the support that is available in Trafford and on-line.

The Full Circle Funerals bereavement support group is held on the first Wednesday of every month from 5.30 to 7.30pm and is a safe space to talk, share, listen and support. To find out more email sara.fixter@fullcirclefunerals.partners. If you would like information about exercise, nutrition, music and art for wellbeing, visit www.fullcirclefunerals.co.uk

Trafford Carers Bereavement Support 2023

Our programme of bereavement support drop-in sessions is being led by Paula Jones, who is a qualified counsellor from The Counselling & Family Centre in Altrincham. The sessions run on the last Thursday of the month, 2-3.30pm at Fiona Gardens, Atkinson Rd, Sale.

The themes are a starting point for discussion, and you can attend as many or as few sessions as you wish. Contact us on 0161 848 2400 if you're interested in attending.

Proposed themes for the sessions this year are:

23 FEBRUARY 2023

Focus on the loss / avoiding grief and getting on with life

30 MARCH 2023

Creating a new bond with the person who has died

27 APRIL 2023

New roles/identity after bereavement – who am I now?

25 MAY 2023

Attachment theory and its relationship to grief

29 JUNE 2023

Family and friend responses to my loss; coping if limited family / support network

27 JULY 2023

Self-care; relaxation techniques (and a relaxation exercise)

31 AUGUST 2023

Growing around grief

The concept of the 'shattered vase' (mended, still beautiful, but different now)

28 SEPTEMBER 2023

'Making sense' of my loss

26 OCTOBER 2023

Creative outlets for coping with grief (and a creative exercise)

30 NOVEMBER 2023

Coping with Christmas, birthdays, anniversaries; creating new rituals

WAYS OF COPING Three carers share their stories

Carer Joyce

Joyce's husband David had pulmonary fibrosis before he passed away over 18 months ago. She cared for him during the end of his life and has found counselling and the Bereavement Support Group a way of coping with his loss. She got in touch with Trafford Carers as, initially, she wanted help filling in a form and she found herself attending counselling which she has found so useful she continued seeing the therapist after her free sessions finished.

"The bereavement group came along via the carers group," explains Joyce. "It was difficult at first, but I am so glad I went, because it has been so supportive. I don't know what I would have done otherwise.

"It's mainly being able to talk freely knowing you are in a safe place and not burdening other people unnecessarily. The WhatsApp group is great. It's lovely to meet people you feel totally safe with and if you are having a bad day you can go on the group, and someone is there for you to talk to. It's about what you can give and what you can take from it and it's good to think you can help other people as well because we all want to do that."

Carole Diggle

Carole cared for her husband John until he passed away in August 2019 after suffering from multiple conditions including a heart attack, stroke, epilepsy, and Parkinson's.

"I do Wellbeing Wednesday sessions, so I still have contact with the Carers Centre and can access help if I need it. I keep very busy because when I stop, I constantly think about John. The last week before he died, doctors stopped telling me



anything, and I am waiting to hear about trauma counselling to work through what happened. "Trafford Carers Centre is a wonderful place and they look after you. The bereavement sessions are good, but nowhere else does anything for when you are on your own. One minute you are a carer; the next, you're not doing anything, but Trafford Carers Centre is aware there's a space that needs filling."

Carer R

"My husband passed away in July 2021. He had sepsis and prostate cancer. The last six months were very difficult, and afterwards, you berate yourself feeling you should have done this, or that.

"I was asked if I needed counselling and at the time, I felt I shouldn't need it because I have a supportive family. But I'm so glad I did. I started the group counselling in Altrincham, and to be honest, it has been my saviour.

"My son died 27 years ago, and I had one-to-one counselling, but I found this so much better because, it sounds silly, but it wasn't so serious. We can grieve and cry, but we can also laugh - it's good to be with people who understand."

One of the positive outcomes of the Bereavement Support sessions has been a WhatsApp group.

"From that, we now have coffee mornings and have started going to the theatre," she says.

"We also started saying every first Tuesday, we'll have a coffee morning, and every third Tuesday, we'll have a card afternoon. My granddaughter said, 'Isn't it lovely. You've made so many good friends so quickly.' But it's all down to the carers really."

KEEPING WELL with NURSE REBECCA



Hi everyone!

I hope you all have a lovely Easter, a time of celebration, a time to enjoy a long weekend and so often a time associated with eating a lot of chocolate!

But keeping well also needs to be a priority. Aiming to increase your activity levels can help. Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke. Regular exercise has been proven to:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Exercise also has these added health benefits:

- Strengthens your heart, and increases energy levels
- Lowers blood pressure, and helps reduce body fat
- Improves muscle tone and strength
- Strengthens and builds bones

Rebecca

It's good to TALK...



Being a carer can impact on your physical health and emotional wellbeing.

Here at Trafford Carers Centre we offer a comprehensive Carers Health Check through our resident Carers Nurse, Rebecca.

During your health check discussing your mental wellbeing is encouraged, Rebecca will help to identify any areas of concern and together discover what works for you.

To access a health check with Rebecca we ask that you first talk with one of our caseworkers to ensure all your support needs are being met as much as possible.



Following this conversation your caseworker can make an appointment with Rebecca.

To talk to one of our caseworkers call **0161 848 2400**.

Nutrition & Hydration Week

The week runs from **13-19 March 2023** and a shared objective is to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

HOW TO OBSERVE NUTRITION & HYDRATION WEEK

1 Adopt a healthy diet

This observance is the ideal time to pay more attention to your health. Start a new diet this week and reap the benefits of taking good care of your body.



2 Stay hydrated

Many people will often take hydration for granted. The human body needs to be hydrated to properly perform its functions. Make sure you take lots of liquids to give your body the energy it needs.

3 Form healthy habits

Change that faulty chair in your office, cut out junk food, or hit the gym more often. Nutrition and Hydration Week is the best time to commit to your health.

• SEE MORE ON PAGE 11



YOUNG CARERS

NEWSLETTER

YOUNG CARER

Eric's dual caring role

T **HERE** are some Young Carers who have to cope with not only the person they look after, but also their own challenges. Eric Mangan is one incredible Young Carer whose caring role is further complicated because he has autism and other needs.

His mum, Lucy Nyland, has a mental health condition as well as a physical degenerative problem and 18-year-old Eric has learnt to navigate their issues with skill and maturity with Trafford Carers' support.

Lucy explains: "We are both dual carers. He's been with Trafford Young Carers for about two or three years now and I've been with Trafford Carers as a result of being sectioned in 2010. We were under Social Services, being a complex household, and we were referred to them when Eric got his diagnosis; he's got autism spectrum disorder, ADHD and a few physical complications."

Because of these challenges, Eric has more responsibility placed on his young shoulders, admits Lucy.

"His responsibilities are a bit more than other children in terms of things like fending for himself and being able to help me. I've got a degenerative problem with my back, and bi-polar, with psychotic features, but I have been stable for a while. Eric, meanwhile, struggles with his own condition, but what gets us through is our communication skills which have been bolstered by his involvement with Trafford Carers.

"That's key really. Things like knowing he can ask for help if he's struggling with his, or my, needs. He also used to struggle engaging with things out of the house, but that changed when he started going to college and was around peers with similar conditions. From there, he started going to the youth club with Young Carers, which is amazing because he now has people he can identify with. He has also been helped by the recognition and appreciation he gets from being involved with Young Carers. I read a paper recently which said the gift that gives the most reward, biologically, in



the brain is appreciation, so the fact that with Young Carers he's acknowledged - and appreciated - by others for what he's doing has had a really positive impact.

"He now has the safety and confidence to acknowledge what he does. Not long after he'd been going to Young Carers we had a few words, and he said: 'You don't realise sometimes how much of an effort I put in to looking after you,' which was brilliant. He had acknowledged what he was doing, and felt confident to say it - I couldn't be prouder of him."

Eric admits that he often doesn't feel like a carer.

"It's just everyday life for me. I probably started being a carer when I was about 13 years old, but it seems like something I've always done.

"I just do stuff like make coffees and wash dishes. It doesn't feel like I'm a carer. I'm just in the house with my mum.

YOUNG CARERS NEWS

Mission Christmas

Once again, this year we applied to Hits Radio's, Mission Christmas appeal for presents for young carers whose families were struggling. We are really please to say that 97 young people benefitted from the appeal. A big thanks to all the volunteers from the Mission Christmas Team.



Trafford Carers Senior Young Carers Officer **SHAY GARRY** gives us the lowdown on what's been happening

It's behind US!

Panto trip proves a big hit

Once again, the Garrick Theatre in Altrincham offered us free tickets to the preview showing of their presentation of a Dick Whittington pantomime. Initially we were offered 48 tickets, but demand was so high that we went back to the Garrick and asked if we could possibly have some more.

To our delight they came back with an offer of 14 more tickets so making a total of 62. To make it fairer for everyone, we decided to draw names out of a hat to see which lucky young carers would be able to attend. The show was a huge success, and it received rave notices:

"OMG Shay, my girls absolutely loved it, they said it was the funniest and most enjoyable experience they have had and they wanted to say thank you to you for giving them the opportunity to go"



Grip Adventure Youth Club Christmas Party

On 14 December, we held our Grip Adventure Youth Club Christmas meal at the Kings Ransom Pub in Sale. Eight members of our Senior Youth Club Group were treated to a festive meal which was followed by Caterpillar cake and Karaoke on The Prince William canal boat. Ria and Roxii treated us to their rendition of Abba classics, Alexia chipped in with *Let it Go*, I belted out my version of Drake's *Hotline Bling* but Niall stole the show with his emotional delivery of *Words Fail* from the musical *Dear Evan Hansen*. A huge thanks to Glenn and Andy from Grip Adventure for organizing the event and to Rachael from Trafford Youth Engagement Service for applying for funds to help pay for the event.





Hideaway Young Carers Christmas party

A huge thanks to the staff at the Hideaway who along with chefs from the Ivy and from the charity The Caring Family Foundation who organised a fantastic Christmas party for 30 of our younger Young Carers at their base in Partington. The group were provided with a delicious Christmas meal, a visit to Santa's Grotto, a present and some fun festive activities.

The feedback from parents was plentiful and included the following which reflected most people's experience

"Amazing all of it! The kids absolutely loved every minute thank you so much. The food was gorgeous as well. Thank you so much"





John Lewis Art project

In October, five of our talented young carers took part in an art session which had a Christmas Theme.

The session was facilitated by Marianne Storer who is one of our older young carers who is looking to build a career in the arts.

The artwork was then framed and was put on display in our Bi Annual Exhibition at the John Lewis Community Café.

Delamere siblings workshop



Senior Young Carers officer Shay Garry and colleague Alexia Bastien were involved in delivering a workshop for the siblings of children with Autism. The driving force behind the event was Liz Johnson (pictured left) of Delamere School and it was also supported by a child psychologist from Trafford Sunrise (part of Just Psychology).

Says Liz: "The aim of the workshop was to provide the siblings (of Delamere pupils) with coping mechanisms to help them manage their emotions in their caring role.

"We had previously run various different workshops around parents and some of them said, 'my child could really do with something like this'.

"The idea was to have a day that was part focusing on the children, their needs, and their emotions. To say: 'it's OK to have these emotions, you're allowed to feel angry or resentful' but it was also about having some strategies to deal with that and also how to see things through their siblings' eyes and why they might get angry might get frustrated. Then obviously how to access different support that is available."

Liz now hopes the workshop will become an annual event for Delamere pupils with siblings with autism. "I hope we can keep it to Delamere children," she says. "But if we don't get enough participants, we can invite other schools to attend."

Christmas Holiday HAF activities

We were successful in an application for HAF funding to run four days of activities for up to 40 of our young carers between Monday 19 December to Thursday 22 December.

The sessions were delivered by Grip Adventure and ran from 2pm to 6pm and also included a Christmas meal supplied by the Kings Ransom Public House.

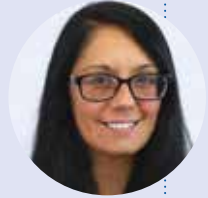




PHOTO: Giorgio Trovato / Unsplash.com

Life coaching with Nina

Experienced relationship and life coach Nina Kundi is launching a 12-week online Life Coaching programme to help carers manage their emotions. "When you become a carer, your identity can change," says Nina. "The course helps carers balance both caring and emotions, and not allow the situation to take over, bringing that counter effect of depression and loneliness. It's about being able to see – and enjoy – life in a different perspective, rather than focusing on *'is this my life now?'*. Nina will work on emotions, look at life changes, different perspectives and learning to balance care alongside other social aspects of life. Carers will learn that in order to help others, they have to prioritise themselves first," she adds.



The first 12-week course is now under way, running online every Monday night from 8pm, with the possibility of face-to-face sessions afterwards. If you've missed out on this one, there are plans to run another in late Spring.

Nina, who has coached people for nearly 20 years, has been running year-long courses on managing emotions and has now condensed it into a 12-week course.

"We've had amazing success rates," she says. "It's been wonderful for so many people learning to love life, rather than run away from life."

Nutrition & HYDRATION

Good nutrition and hydration contribute to good health, wellbeing and the prevention of infection. After only two to three days, a person not eating and drinking well, is at risk of malnutrition and dehydration, with older people particularly at risk.

Malnutrition

This is characterised by low body weight or weight loss, meaning simply that some older people are not eating well enough to maintain their health.

Dehydration

Means you are not drinking enough fluids and if this is not treated it can become a serious problem.

Malnourished and dehydrated people are:

- Twice as likely to visit a GP
- Have three times more hospital admissions
- Stay in hospital on average three days longer than someone who is well-nourished

Why does it happen?

There are many reasons why a person may not eat and drink well including isolation, loneliness and food insecurity. In many cases, malnutrition and dehydration are PREVENTABLE AND TREATABLE!

How can you help?

- Think about older people you know who may not be eating and drinking well. Have a chat with them about appetite, eating, drinking and weight loss.
- Discuss their diet and fluid intake with them, encourage them to eat little and often, have regular snacks and ask them to choose full fat foods and drinks and fortify their food and drinks.
- **To find out more and to download our resources go to: www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/**

Carers' Week

Next issue, you'll be hearing all about Carers Week, June 5-9. Sign up and subscribe to our e-bulletin by clicking on the pink subscribe button at the bottom of website home page www.traffordcarerscentre.org.uk

Send a Card to a Friend Day

February 7 is Send a Card to a Friend Day. To nominate a carer to receive a card, please let us know; we have printed cards showcasing artwork from our talented carers that we can send out on your behalf. Or feel free to pop in and grab one from our offices at 9 Springfield Rd, Sale.

For more information visit: www.awarenessdays.com/awareness-days-calendar/send-a-card-to-a-friend-day-2023/

SAVE THE DATE

Nutrition & Hydration Week

11 – 19 MARCH 2023

Samina's BAME focus

THE caring community is made up of all kinds of people from different walks of life and no two carers are the same or have identical experiences.

Samina's situation is a case in point because as her mum's unpaid carer, her role hasn't always been recognised. "My mum has bipolar, COPD, fibromyalgia and other chronic illnesses and they all flare up at different times," she explains. "If she had a continuous illness maybe I would have an actual role, but she only needs my help at select times, so mine is an unrecognised role. Thankfully, Trafford Carers (TC) has always supported me and treated me as a carer."

Samina's mum, Margaret, is a very talented artist and was her first art teacher, Samina was always fascinated at the magic her mum was able to create through ball point pen, fine liner, paint brush and basically any medium her mum put

her hand to. Samina's priority being the well-being of her family has had an impact on fully forging a career.

"One of the things that first got me back involved with Trafford Carers was I got invited to this gathering at Bluesci aimed at women primarily from Asian backgrounds and that just lit me up, because they were saying 'look we see your community. What can we do for you?' There were a lot of language barriers and people not knowing what was available to them and that sparked this idea for the project."

Inspired by the TC meeting, Samina saw a way to turn her circumstances into an opportunity – she applied for the 'Develop Your Creative Practice' Arts Council grant to create a body of work exploring the carer's role, her application was successful.

"When I originally put in for funding, I wanted it to be primarily focused on people of Asian ethnicity because I'm half Pakistani," she says.

GM Asian Carers Network will be holding an Asian Family Rights Day on 23 February at the British Muslim Heritage Centre. The day will provide the opportunity for people from Asian ethnic backgrounds to come and learn about support available to them. Interpreters will be present at the event.

For more information, please contact gmasiancarersnetwork@gmail.com or call Elizabeth on 07901 336 912.

For research she launched a series of six creative well-being workshops for carers and cared for people, incorporating meditation and a range of taught mediums with the aim to develop a personalised wallpaper that distinguishes their identity outside of their caring role. "It's really been an exploration of identity," she says.

"It's about what's underneath this societal role and one of the key things will be an exhibition at Old Trafford Creative Space. I can't stress the importance of having this exhibition because visibility is very important for carers. That's something I've felt. That I've not been seen, and it is so important to highlight this."

The TC workshops went so well that a further four were added to the programme. She employed relevant artists to co-facilitate and support the project to get the most out of the sessions, this included Michelle Olivier, Marianne Storer, Rabia Saleemi, Jane Brake and Eleanor Yates (all artists have been invited to show their work at the exhibition).

"Working with TC is a part of my research so I have a broader understanding of the carers role," explains Samina.

"From this research, I will go on to complete a body of work reflecting on my experience as a carer. After the success of the workshops, I hope to further this project and work with people in similar circumstances. To create artwork lights me up, I think I have found my calling."

• **The exhibition will take place on the 17 March at Old Trafford Creative Space, from 6pm.**





Hitting the right note

How Jo started 'Singing for Fun'



FARRINGTON believed she was tone deaf until she was in her 50s but now, she runs Trafford Carers' Singing for Fun sessions every Monday.

The trained psychologist took singing lessons in her 50s while she was working with children in care. One of the children she was looking after had asked for singing lessons and that inspired Jo to sign up for some of her own.

"I was in my mid 50s, and terrified, but the teacher said, 'there's no way you're tone deaf' and that's where it all started," recalls Jo (right).

Even though she was a carer for her parents, who had vascular dementia, Jo never considered herself one as such. It was only when her friend, Kate, wanted her to come along to the Trafford Carers art group that she 'did a deal' telling her she'd go to the art group if they could also go to the singing group together. "When we started going to the

choir it was run by a lady who was formally trained musically. But as both classes were on a Monday, as things got more demanding, I had to drop one," explains Jo.

"I dropped the choir. Then a year ago my phone went, and it was Jules Kennedy. She said would I take the sessions, as there was no one else to do them.

"I said I'm happy to do it as a singing group as long as it is for fun and Jules was so enthusiastic. She said, 'it's perfect. It's for the carers, it should be singing for fun'. And it just gelled. There was a bit of a stuttery start because of the Covid pandemic, but we are about a year in now.

"We sing all kinds of things. A lot of traditional songs *The Carnival Is Over* by the New Seekers, *Those Were The Days* by Mary Hopkin, and

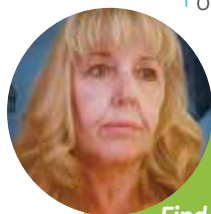
Dolly Parton's *I Will Always Love You*... all sorts of things really.

"And we have a lot of fun. There's a lot of chat in between the songs as well as the singing." Jo admits that she was worried that she wasn't as academic as the previous teachers, but was delighted when one of the singers said: "You get it more because you're a carer yourself."

And although she no longer has to care for her mum and dad, she is still a carer looking after her husband Eugene who was diagnosed with prostate cancer eight years ago and who is currently on palliative care.

For Jo, like many carers, classes like Singing for Fun are a welcome relief from the day to day and she hopes others will come along and join in as they tune up after the new year.

"We need more members. It would be good if we could be a bit more diverse," she says. "We'd like some men, but maybe they're too scared!"



Find times and venue for Jo's Singing for Fun group and all our other activity groups on page 14.

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 – 12.30pm

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

Gardening Group*

10am – 1pm

Gorse Hill Community Allotment, Burleigh Road, Stretford, M32 0QL

(*currently meeting at Trafford Carers Centre, 9 Springfield Road, Sale, M33 7XS during wet weather)

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

Carers' Information Drop-in

Third Tuesday of the month

10am-12noon

Stretford Town Hall, Chester Road, M32 0LG

Walking Group (with Mile Shy Club*)

10am Partington - Meet at Partington Community 'Rainbow Cafe'

11.30am Stretford - Meet at Victoria Park Community Cafe

1pm Sale - Meet at Coppice

Library & Wellbeing Centre

* Sign up at

www.mileshyclub.com/

WED WEDNESDAY

Wellbeing Wednesday*

10am – 11am (via Zoom)

Meeting ID: 923 5162 5180

Password: aKAe87 (* Please contact us before attending for the first time, so we know to expect you)

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, or email: email@toyhouse.org 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

THU THURSDAY

Carers Chatty Café

First & Third Thursday of the month, 10am – 12noon

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), Stamford Park, 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 11 – 11.45am

Meeting ID: 952 118 7488

Password: YogaTCC



Meditation Vouchers

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

Available to use weekly on Wednesday morning or Tuesday & Thursday evenings. Contact us and we will post one out to you

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.



USEFUL NUMBERS

A quick guide

42nd Street

e: theteam@42ndstreet.org.uk
(Referrals made using online form)

Advocacy Focus

www.advocacyfocus.org.uk
t: 0300 323 0965

Adult Social Services Screening Team

(Assessments for someone you care for)
t: 0161 912 5199

Age UK

www.ageuk.org.uk
t: 0800 678 1602

Alzheimers Society

www.alzheimers.org.uk
t: 0333 150 3456

Blue Sci

www.bluesci.org.uk
t: Partington Library: 0161 775 1912
Coppice Library: 0161 912 3560
Broomwood: 0161 980 0720
Old Trafford Wellbeing Centre: 0161 877 3719

CAP (Christians Against Poverty)

www.capuk.org
t: 01274760720

Calm Connections

www.calmconnections.org

CAMHS

t: 0161 549 6456
- YoungMinds Textline: 85258
- Parents Helpline/Webchat on website

Care Agencies (Trafford)

www.trafford.gov.uk/residents/adults-and-older-people/Direct-Payments/Care-and-support-related-services.aspx

CBT (Cognitive Behavioural Therapy)

www.gmmh.nhs.uk/tpt/
t: 0161 357 1350

Citizens Advice Trafford

www.citizensadvice.org.uk
0300 330 9073

Childline | t: 0800 1111

Community Hubs

www.mycommunity.org.uk/what-are-community-hubs
t: 0300 330 9073

Cyril Flint Befrienders

www.cyrilflint.org
t: 01619429465

Dementia Crisis Team

www.gmmh.nhs.uk/trafford-dementia-crisis-and-prevention-team-dcpt/
t: 0161 748 4022

Direct Payments

www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/direct-payments
t: 02073784999

Early Help Teams (Trafford - Stretford)

www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=1p_ltUbhv1A
t: 01619125020

Early Break / Holding Families

www.earlybreak.co.uk
t: 01617233880

Engage Trafford - Salford Foundation

t: 0161 787 8500
e: enquiries@salfordfoundation.org.uk

Family Information Service

www.trafforddirectory.co.uk
t: 0161 912 1053

Healthwatch Trafford

www.healthwatchtrafford.co.uk
t: 0300 999 0303

HOST (Housing Options Service Trafford)

www.hostuk.org/index.php/about-host/
t: 01684 562577

Indian Senior Citizen Centre

www.iscc-manchester.co.uk
t: 0161 232 0999

Kooth

www.koothplc.com
t: 0203 984 9337
(Webchat to counsellors on website)

LGBT Foundation

www.lgbt.foundation
t: 0345 330 3030

Male Domestic Abuse Service

www.mensadvice.org.uk
t: 0808 8010327

Macmillan Wellbeing Centre

www.macmillancentrettrafford.org
t: 0161 746 2080

MIND | t: 0300 123 3393

NHS - Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters/
(Get in touch through website)

One Stop Resource Centre (OT equipment)

www.trafford.gov.uk/residents/housing/housing-adaptations/one-stop-resource-centre.aspx
t: 0345 2990798

Out of Hours Emergency Duty Team

t: 0161 912 2020

Pakistani Resource Centre

www.pakistani-resource.org.uk
t: 0161 445 0633

Papyrus

t: 0800 068 4141 / 07860 039 967
e: pat@papyrus-uk.org

Parkinson's Society

www.parkinsons.org.uk
t: 0808 800 0303 / 0344 225 3738

Personal Budgets

www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/personal-budgets/

Rainbow Reflections

e: youthgroups@theproudtrust.org
t: 0161 660 3347

Refuge Services | t: 07845 443 840

Ring & Ride (Transport for GM)

t: 0161 200 6011

Safe & Well Checks (GM Fire and Rescue)

www.manchesterfire.gov.uk/contact-us/
t: 0800 555 815

School SENCO

www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=ovt8-fNAQXM
t: 0161 912 4812

Self Help Services

www.selfhelpservices.org.uk
t: 0161 226 3871

SENDIAS

www.sendiass.trafford.gov.uk/Home.aspx
t: 0161 912 3150

Sleep Clinic (Sleep Tight Trafford)

www.togethertrust.org.uk/sleep-tight-trafford
t: 0161 286 4201

Social Prescribers (Trafford)

www.england.nhs.uk/personalisedcare/social-prescribing/
e: england.socialprescribing@england.nhs.net

Stroke Association (Trafford)

t: 0161 962 5854

Talk Shop

t: 0161 912 2453
e: talkshop@trafford.gov.uk

The Bread and Butter Thing

www.breadandbutterthing.org
t: 03300945373

The Counselling and Family Centre

www.thecfc.org.uk
t: 0161 941 7754

Together Dementia

www.togetherdementiasupport.org
t: 0161 226 7186

Trafford Adult Social Services

www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=beghzow1L3E
t: 0161 912 5199

Trafford Assist

www.trafford.gov.uk/residents/benefits-and-council-tax/benefits/trafford-assist.aspx

Trafford District Nurses

t: 0300 323 0303

Trafford Domestic Abuse Services (TDAS)

t: 0161 872 7368

Trafford Just Psychology (emotional wellbeing support for 5-12 year olds)

www.justpsychology.co.uk
t: 0161 262 1622

Trafford Parents Forum

www.traffordparentsforum.org

Trafford Psychological Therapies Referrals

www.gmmh.nhs.uk/tpt/
t: 0161 357 1350

Trafford Welfare Rights / Benefits Advice

www.welfarebenefits.net/home.php
t: 0161 912 2735

Trafford Youth Engagement

e: talkshop@trafford.gov.uk
t: 0161 912 2453

Turn 2 Us

www.turn2us.org.uk

