



Meet the trustees
Would you like to be one?

Equine therapy
Not just horsing around

Relax!
Helping with anxiety

**IN
THIS
ISSUE**



**Young Carers
News**



**New Carersline
coming**



Step to it!



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,



You really don't have to be a certain sort of person or in a particular income bracket to be a carer. The role can easily happen to anyone as this issue's carer story (**page 3**) aptly illustrates.

Simon Locke opens up about how his life has changed since his wife became seriously ill and he found himself becoming a carer. Just like that, lives and circumstances can change. Careers may have to be put on hold or may not start at all and day-to-day worries can cause you, yourself, to become sick. This is why at Trafford Carers' Centre we are always placing the emphasis on your own health not just that of the person you care for.

One of the ways in which your important, but often stressful, role can have an impact on your wellbeing is by affecting your mental health.

In this issue we flag up **Mental health Awareness Week** and give you some guidance on how to deal with anxiety (**page 6**). Don't forget that Nurse Rebecca is always on hand to guide you through various options, so why not book a health check with her?

And even if you feel pretty good, there are things you can do to ensure you stay that way. One of these is keep up with regular checks, for example, if you are female, ensure that you make time for your smear test. Cervical cancer is now very treatable in the early stages, so it is important to make time for a check-up, as **Cervical Awareness Week** will remind us in July (**page 6**).

Sometimes caring for someone means you lose out on a lot of life's pleasures. You may even feel you don't deserve to be happy while your loved one is suffering. This is a natural response, but you should not feel bad. Caring for yourself is just as important as caring for another so why not check out all our wonderful activities? Whether it's singing, painting, charting your family tree or just joining others for a chat and a cup of tea, taking time out for yourself can be a simple way to make you feel like you.

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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Becoming a carer is a lot more complex than I understood before and it has given me an interest in what we do to develop our services towards male carers.

Supporting male carers

WHEN the wife of our Deputy Chief Executive, Simon Locke became seriously ill it took a while for him to process the fact that he'd now become a carer.

"My wife found out she was unwell about five months ago and the caring role kind of crept up on me," says Simon, who has been married to Kerry for 17 years.

"I work as a Deputy Chief Executive for a carers charity and yet I hadn't really put two and two together and accepted it until someone actually said: 'you're a carer now, why not sign up for our services?' And I thought: 'well, why don't I?'"

"We've always worked hard and well as a team bringing up our two children, a 15-year-old boy and 13-year-old girl. We don't have any close grandparents' support so the bringing up of the children and running of the household we've

always shared, and Kerry is the breadwinner of the family. She's a lawyer so has quite a big job.

"But what's now changed, is the uncertainty. It's the feeling that you might be left to do as good a job as they did but alone. Making those micro decisions you make together like what you have for dinner. It's the everyday things that you don't take much notice of when things are going well.

"I don't find it (being a carer) emotionally draining. It's more physically exhausting although in a weird way I enjoy taking on more responsibility, (although I do curse getting up in the morning ironing shirts) and it has brought me closer with the kids and made me realise how much I value my relationship with my wife. But because it could be a life

changing illness, I have to think what will happen if she wasn't there. The thought of having a Kerry-shaped hole in our lives is the thing which causes me the greatest fear. As a partnership it would be Marks without Spencer, Morecambe without Wise. It would never be the same."

Like most carers, Simon didn't immediately recognise his role as a carer simply because looking after a person you love who is ill is what you do. Now he identifies as such he is able to gain valuable insights that he hopes will help other men in a similar situation.

"I got to thinking there are more female carers than male carers and the question is why?" he says. "Is it because the men are more prone to illness and need more support from their wives, husbands or partners?"

"Or is it a more machismo thing that they don't want to recognise themselves as carers? Or are they just dopey individuals like me who don't put two and two together?"

"Becoming a carer is a lot more complex than I understood before and it has given me an interest in what we do to develop our services towards male carers. We already support men in that role, but a lot who get involved in groups are very much helped by the female carers in those groups.

"I think we have to question what we do with male carers and how we encourage more men to talk about being a carer."

If you would like to discuss the possibility of forming a male carers group, please message Simon at: simon.locke@traffordcarerscentre.org.uk

Become a Trustee

What does a trustee do?

Charities have to appoint trustees to make sure they are running things properly and that everything is above board.

That is why Trafford Carers needs trustees.

Our trustees are here to lead the charity and decide how it is run. It is an important role as it involves making decisions that impact on people's lives.

While trustees come from all walks of life, there are certain criteria that they must be judged by before being appointed.



Criteria for being a trustee

1. You must be at least 16 years old to be a trustee of a charity that is a company or a charitable incorporated organisation (CIO), or at least 18 to be a trustee of any other sort of charity.
2. You must be properly appointed following the procedures and any restrictions in the charity's governing document.
3. You must not act as a trustee if you are disqualified unless authorised to do so by a waiver from the Commission. The reasons for disqualification are shown in the disqualifying reasons table and include:
 - being bankrupt or having an individual voluntary arrangement (IVA)
 - having an unspent conviction for certain offences (including any that involve dishonesty or deception)
 - being on the sex offenders' register

To find out more about what is involved in being a trustee, scan the QR code with your phone, or go to:

www.gov.uk/guidance/charity-trustee-whats-involved

Meet Trafford Carers' six trustees

Kerry Blackhurst – a solicitor who has been Trustee and Director of Trafford Carers centre since 2018.

Rachel Cossey – a trustee since April 2020 who works as a Regulation Team Manager at the Regulator for Social Housing.

Lindsey Mallory – who has more than 25 years experience of working in the charitable or public sector. She currently works for Stockport Council as a Service Manager and supports her mum, who is an unpaid carer for her brother.

Frederick Barrett (known as Derick) – has over 25 years experience working in Business and Corporate Banking. He started his coaching practice in January 2015 and is currently teamed up with New Level Results (www.newlevelresults.co.uk).

Catrina Walker-Jones – a Chartered Financial Planner and IFA for over 20 years. She is a member of Symponia and experienced in giving advice on long-term care for the elderly.

Akilah Akinola – Chief Executive of a charity that works to support adults with a learning disability and/or mental health needs. She is also a grandparent, local councillor, school governor and volunteer.

A Trustee's Story CATRINA WALKER-JONES

Catrina Walker-Jones has been a Trafford Carers Centre trustee for two years and is currently the Vice Chair. Here she explains how she became a trustee and why it is such a rewarding role.



“I was giving advice on long term care of the elderly which I am still involved with as part of my job as a chartered financial planner and was also a carer for my mum at the time. I met Kerry through my work. She said lots of what you are advising on folds into what we are doing with Trafford Carers so I was invited to come along to see if I liked it.

I'm Vice Chair at the moment, so I support the CEO, Michelle and she and I speak every week. I'm also there to do things like go through budgets, HR issues and just being supportive because it can be lonely doing that job as well.

It's all about governance for the CEO, financials, generally ensuring everything runs as it should and that there's transparency; things like that.

You don't need to be especially qualified to be a trustee you just have to be prepared to listen and learn. I'm always talking to people about stepping up to be trustees and I think I've learnt an awful lot, attending committees and

through Covid. They were also very supportive to me when I was ill in hospital for six months. I had to step down in 2020-21, but they had me back.

The rewards of being a trustee are firstly, I like to think I'm giving something back. Then there's the information I find useful when I'm talking to people as I have learnt an awful lot. It's been a really interesting journey. And also you are dealing with people you wouldn't normally meet.

Caring can be quite lonely and people do it very quietly on their own. It's something not really talked about and there's an expectation that people will be able to do it without any training, or any support, so I hope the charity is helping to change that in the community.

Another thing I have found is that the charity sector is very different from working in the commercial world and we need to respect that. I think the people who work there are very special.

Become a trustee: Do you want to join us?

As we explain on these pages, a trustee is a highly responsible role as it enables Trafford Carers to do their job well and with complete transparency.

We are looking for regular carers who understand caring and can bring a caring voice to the board.

If you are interested, you can visit the Charity Commission here: www.gov.uk/government/organisations/charity-commission for more information or contact our CEO Michelle Grogan at michelle.grogan@traffordcarerscentre.org.uk

KEEPING WELL with NURSE REBECCA



Hi everyone!

A little introduction for any new carers, my name is Rebecca and I'm Trafford Carers Centre's nurse. As a carer myself, I understand that the role can be rewarding, but also tiring, putting a lot of demands on your physical and emotional energy. When you are simply coping day to day and responding to others' needs, it's easy to forget your own health needs. Research shows that caring for others can have a major impact on a person's health and wellbeing.

If you are a carer, you are more likely to be in poor health – both physically and mentally – than people without caring responsibilities. I aim to promote the health and wellbeing of carers. Working directly with carers, I develop individual strategies for each carer, and aim to reduce the strain their caring role can have. If you would like a health check, please call **0161 848 2400**.

I look forward to meeting you!

Rebecca

Mental Health AWARENESS Week

15-21 May

Mental Health Awareness Week is an annual event to promote good mental health and tackle stigma in the UK. Mental Health Awareness Week takes place in May each year, and in 2023 it will run from 15-21 May. The official theme for this year, as set by the Mental Health Foundation, is anxiety.

Coping with anxiety

There are many kinds of anxiety, from social anxiety and feelings of fearfulness and worry to panic attacks where you find yourself short of breath, your heart beating wildly and your hands shaking.

Keep in mind that anxiety is a natural feeling, and we all experience sensations of worry, fear or even panic at times. In fact, anxiety can be a positive

emotion as it motivates us to achieve and demonstrates that we care. However, it is when emotions such as panic, worry and fear start to take control that anxiety becomes an issue. As a carer, you may have experience of caring for someone who suffers from anxiety, and you may in turn have feelings of anxiety which are related to your caring role.

Happy Birthday NHS!

On 5 July 2023, the NHS marks 75 years of service. We will be celebrating this milestone by showcasing the best of the NHS and encouraging as many of you as possible to join us with NHS 75 activities.

Panic attacks are called the 'fight or flight' response and originate from when we were living in fear of being attacked by wild animals, so they are the body's natural reaction to threat. You might not be under attack from wild animals, but don't dismiss them. If you are starting to get panic attacks take steps now to deal with them.

There are plenty of ways to cope with panic attacks, including exercise, alternative therapies like acupuncture and meditation classes are also very good as they help you to control your breathing. Meeting others who are going through the same thing and talking about it can also be extremely therapeutic.

Take a look at NHS website for more help and advice:

Types of anxiety

www.nhs.uk/mental-health/conditions/anxiety/types-of-anxiety/

How to cope with anxiety:

www.nhs.uk/mental-health/conditions/anxiety/how-to-cope/

• If you would like advice and support on how best to cope with your caring role, then please call our Helpline on 0161 848 2400.

Cervical Screening Awareness Week

From 19-24 June Cervical Screening Awareness Week will be highlighting the importance of cervical cancer awareness and prevention. Unlike many cancers, it is possible to detect the early stages of cervical cancer with a screening.

Screenings save thousands of lives every year in the UK, and their importance is not to be underestimated. Find out more here:

www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week



YOUNG CARERS

NEWSLETTER

YOUNG CARER

Caring is teamwork!

SHE has college work and a job at the Body Shop in the Trafford Centre, but 16-year-old Courtneylee Hall always has time to help her family.

The art and design student has been a fantastically supportive Young Carer to her eldest sister Charlotte, 19, her younger brothers, Duane-Lee, 13 and Riley-James, 10, and her mum Christina Skelhorn, ever since she was the tender age of four.

“Mum has blood clots in her arm and sometimes it’s really painful for her to do stuff, so I help her wash her hair and get changed, things like that,” she explains.

“My eldest sister is autistic, so I help her with social engagements, my younger brother Duane-Lee has a learning delay, so I support him, too, and my youngest brother Riley-James has ADHD.

“When I was younger, I was a distraction for my siblings while mum got on with things. Now caring is part of my life, although I also have my freedom.”

Courtneylee deals brilliantly with the challenges of having a family

with complex needs but insists they are a tight knit unit who support each other, and Mum Christina agrees: “I became ill with blood clots seven years ago. My other daughter was here to help, and she did a lot for me while Courtneylee entertained Riley-James. Then I ended up being diagnosed with Lupus and my body just shut down. Now when it shuts down all the kids, even the ones with special needs, know what to do and I’ve got a husband who does all the cooking and cleaning, so we all work as a team. It’s not just solely on Courtneylee and that’s a good thing because it is important to me she has her freedom.”

Christina explains the family were first put into contact with Trafford Carers when they were referred by social services.

“When we moved down here through domestic violence, I was under social services to help us get away from my ex-husband and they automatically referred us,” she says.

“Myself first to Trafford Carers and then the kids to Young Carers to



get them to enjoy themselves so they weren’t always in the house with me and also, so they know it is not just them who have to deal with things, and they don’t have to feel alone.

Courtneylee loves joining Young Carer activities when she has the time. She enjoys playing bingo online and has been horse riding with Grip Adventure. And it was Senior Young Carers Officer, Shay Garry who helped her get the permanent job at the Body Shop.

“The Carers Centre have also looked after me,” explains Christina. “One time when I was really down, I told Shay, ‘I feel like I’m a man’ because I was using my husband’s deodorant as I couldn’t afford my own and he was able to get me a grant for make-up and pampering stuff and it really cheered me up. Being part of Trafford Carers has been an absolute lifeline.”



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

Half term FUN

February half term proved to be a very busy week for Alexia and myself. We ran two Equine Therapy Sessions with six young carers attending each session on the Monday and we repeated this offer on Tuesday. The sessions were facilitated by Julie Williams and Katy Dymoke. (See separate article from Julie on opposite page for more details about the sessions).

On Wednesday the demand for our junior age bowling at Atlantic Bowl was so great that we added an additional session. It seems two sessions a day was becoming a bit of a habit! On Thursday it was the turn of the senior bowling session and we closed the week on Friday with a fantastic art session facilitated by the amazing Emma Evans. This was funded by a grant from Catherine Guest from The Arts Society Bowdon so a big thanks to them.

Raising awareness

We are really pleased to see that we are getting an increase in requests to deliver Young Carers awareness raising presentations from schools and organisations who work with young people. In this quarter alone we presented to staff at Stretford High, Trafford College, St Hugh of Lincoln and to the Secondary School Headmasters Forum Meeting at Wellacre Academy. We also presented to the team at the MUFC Foundation as well as to the members of Sale Lions who have as a result offered us a grant of £250 pounds to run an art session in the May 2023 Half Term Holidays. Raising our profile in this way may go some way to explain the 20% increase in the number of referrals we have received in the last three months.



Young Carers Action Day

March 15 was Young Carers Action Day and the theme for 2023 was "Make Time For Young Carers". We hired the Hiya Community Space in Stanley Square in Sale where we had planned to display some of the wonderful "Make Time for Young Carers" posters created at our art Session with Emma Evans during the February half term. This session was funded by a grant from Catherine Guest from The Arts Society Bowdon so a big thank-you to them. We also invited our Young Carers to come down and use their artistic skills to create more posters, which were then displayed. The event was a great success with several young carers attending and there was a good response from the public, who took time away from shopping to admire the fantastic artwork on display.





Saddle UP!



We talk to Julie Williams about her equine therapy sessions and how they are helping Young Carers

JULIE Williams is a drama therapist and mindfulness coach who trained as an equine therapist five years ago and now runs courses with Trafford Carers.

For those who haven't yet attended one of Julie's equine therapy sessions, this is an alternative kind of therapy using horses and it's especially beneficial when it comes to those who find it difficult talking about their feelings.

"Equine therapy is so varied but basically it's a really amazing alternative therapy for people that have difficulty in talking therapies," explains Julie.

"This is because horses are prey animals, which means their nervous systems are really highly

attuned to stressful feelings and therefore they have a high perception of how people are feeling.

"When we work with people and horses there is just this amazing sense that they can tune into people's feelings. For example, with the Young Carers, most of the group had either autism, ADHD or anxiety so can experience difficulty with social skills and connecting with people. But because the horses are so unjudgmental and meekly accepting, they were connecting really well with the horses."

"And what was actually really, really moving is that it's not that we dictate who works with what horse. We go into the arena and the horses choose them so right from the beginning a connection is made. It really is very special."

The first sessions were split into those for younger children and those for older, as each had different needs.

"It was interesting because the greater their difficulties the more they seemed to respond," reveals Julie.

"With the young ones it was more about connecting with the horses, grooming them, stroking them, leading them. With the older ones there were more obstacles, so it was more cognitive. They were working with horses over obstacle courses, and this became a kind of metaphor for the things they had to overcome.

"From the feedback they all wanted to return. Which is wonderful as we have secured funding and will be doing more sessions over the summer."



OUR brilliant partners, **Grip Adventure** in Sale are helping make a Duke of Edinburgh Award more accessible, so even if you're

a carer, you can still take up the challenge through an Open Award Centre based at the cave.

The Duke of Edinburgh Awards, set up by Queen Elizabeth II's husband, Prince Phillip in 1953, are a personal development programme that sees young people between the ages of 14-24 engage in hobbies, sports, and volunteering as well as complete an 'expedition' to gain bronze, silver, and gold accolades.

Normally, young people apply for the award via school, but

at Greater Manchester DofE Adventure Centre, they are doing things differently, Grip founder Glenn Rees explains.



"Trafford Borough Council and the Duke

of Edinburgh have allowed the opening of an Open Award Centre, which means a young person can independently join the Duke of Edinburgh Awards programme alongside other young people from different schools, organisations or other young carers supported by Grip Adventure.

"The Open Award Centre offers the bronze, silver and gold award through an experienced team of volunteers, and this reduces the potential barriers by opening up an engaging and supportive programme. This is different to say a school where they give out information and young people must embark on the DoE Award by themselves. Participants can



Psssst... Fancy a Duke of Edinburgh award?

engage in numerous skills activities such as kayaking, canoeing, cookery, archery, using our learning zones and one of our boats has been turned into a learning centre so it gives them that additional wraparound support."

Seven young carers have already signed up to the scheme and have joined nineteen other young people at the open award centre on their Duke of Edinburgh Award journey, Glenn reveals.

However, with fifty spaces up for grabs the opportunity is out there for even more Trafford Young Carers to take on the challenge.

And for those going for the DofE gold award, which involves staying away from home for several nights, they have something extra special.

"What we are offering through the Open Award Centre is the residential element based locally in Manchester, where participants

get to spend up to five days on a canal boat where they will be away during the day doing some kind of community-based volunteering, then they'll come back in the evening and cook together and look after each other," explains Glenn.

"One of our main aims is that if a young person is a carer, then this crucial role doesn't become a barrier to their engagement through the DofE award scheme."

The Duke of Edinburgh Awards Scheme is open to young people aged 14-25.

- If you would like to sign up or want to learn more, why not go along to the open award evenings in Sale every Thursday (during term times) from 7.15pm to 8.30pm or email gmdofeac@gmail.com for further details.



Carersline is coming



Our telephone Help Line will be changing soon to become Carersline. SIMON LOCKE reveals all ...

I wanted to let you know our telephone Help Line is changing soon to become **Carersline**.

It will start operating Monday to Friday 9.30am – 4.30pm with a late night on Thursday until 8pm. The telephone number you ring will stay the same – **0161 848 2400**.

When you ring us, you will get through to a person on the line who will try to answer your questions or put you through to a member of the team who can help. On the odd occasion you might get an answer machine but we will call you back ASAP that day.

Our Carersline team will be made up of staff members, students on placement and importantly volunteers some of whom we hope will have had caring responsibilities themselves so you will be able to talk to someone who knows what life is like for carers living in Trafford.

We are looking for carers who can offer their time as volunteers on Carersline, to answer people's questions, but to make sure it becomes a really proactive addition to

our services. Our ambition is to eventually offer a seven day a week service answering your questions. We are also getting in touch with carers who we know would like a chat; or to ask you some questions about our service so we can keep making it better; or to invite you to an event or tell you about a group we have running or to let you know about some freebies or opportunities we have available.

We want Carersline to build and develop according to what carers say they would benefit from being offered on a telephone service.

So, if you want to talk about becoming a Carersline volunteer then get in touch with Angela Andrews, our Volunteer Coordinator, on **07890 326 428** or email: angela.andrews@traffordcarerscentre.org.uk

If you have any questions, thoughts or want to offer some advice for Carersline then feel free to phone us, email or pop in to the centre and say hello.

Save the date CARERS' Week

JUNE 5-11

Carers Week is an annual campaign raising awareness of caring and highlighting the challenges and sacrifices unpaid carers face. It's also an opportunity to recognise the contribution they make to families and communities.

With that in mind, we want to say **THANK YOU** to our registered carers by inviting you to our **Be Our Guest** event at St Matthew's Community Hall, Stretford on **Wednesday 7 June**. At this free event, there'll be afternoon tea, entertainment, information, advice and more.

- Reserve your place by emailing: info@traffordcarerscentre.org.uk or phoning 0161 848 2400.



Quirky & Autistic

My name is Samera and a few years ago I wrote a piece for Trafford Carers newsletter about my son who was at primary school and the wonderful support we received from volunteers who came to socialise with him. Time has flown; my son has now graduated from university and enjoys writing and is currently writing his second full length novel. During my son's school years, I volunteered with local organisations and have enjoyed supporting parents with younger children navigate the education system. Having dabbled in radio and writing, I decided a podcast would be a great way of delivering information to parents who don't have time to always attend workshops. I am extremely grateful to the Greater Manchester Autism Consortium for helping us get the project off



the ground. We called the company Frank Communications as many of us have to be frank in the way we communicate to get what we need for our children. The company also has a gorgeous Jack Russell called Frank as our mascot: www.frankcommunications.org.uk/about/ The Frank team consist of people who want to make a difference, and some give their services for free, and we are able to pay talented neurodivergent artists like Rachael and Hannah for their work (see blog 7 for profiles). The first podcast series is called *The Shape of Family* and co-host Hayley, and I have created audience-driven episodes based on questions parents have sent in. We dig a little deeper with an accompanying blog post and some great tips in our food club. If you want to know about series 2, or send in a question, join Frank's club on our website or email QandA@FrankCommunications.org.uk

• You can listen to Samina's podcasts on our website, in the Adult Carer Resources section, under the 'OUR SUPPORT' tab. If you're reading this newsletter online – click link to be taken directly to the page: www.traffordcarerscentre.org.uk/our-support/adult-carers-support/adult-carers-resources/



Meet Faith

Hello, I'm Faith and I'm going to be in the new role of Project Coordinator for Carer Support in Hospitals. My role involves offering support for carers who are caring for someone in hospital. I'm here to help you with support, information and advice. I can tell you about and refer you into support that we offer or signpost you to other relevant organisations.

I was born and raised in the local area and am passionate about being involved in the local community. In my spare time I enjoy wild swimming, hiking and photography.

If you want to get in touch, say hello or find out more, you can email me on faith.parker@traffordcarerscentre.org.uk or phone 0161 848 2400.

LET'S SIT DOWN

Our pilot Sitting Service gives you time out from your caring role

For many carers, just knowing someone is there to sit with their loved one for a cup of tea and a chat so that the carer can take time for themselves, can make a huge difference. That's why we're pleased to announce that we've teamed up with Beloved Homecare [rated Outstanding by CQC] to run a pilot sitting service.

The aim is to give carers peace of mind, knowing their loved one is safe at home with a trusted and qualified carer.

The scheme is open to carers aged 65+ who are invited to contact us to request a voucher. The voucher can then be used to book a minimum 2 hour visit [subject to availability] from a Beloved Homecare worker.

The vouchers are valid for use between 1pm–4pm, Monday–Friday. As this is just a pilot, we are unable to offer this scheme to cared-for's living in Partington or anyone who requires personal care, complex medical needs or medical management. We expect to launch the project by mid-May.

• Find out more by contacting our team on **0161 848 2400**.

Step to it!

Feel like getting out more?
Don't be shy and give JANE DENNISON'S
Mile Shy Club walking group a go



M

AY is National Walking Month, so there's no time like the present to join the Trafford Carers who have already taken their first

steps into a healthier lifestyle by joining a walking group.

Jane Dennison specialises in walking groups for beginners, so even if you are struggling with mobility problems it is still possible to take part.

In fact, she says the sessions are especially tailored for those who simply "just want to get out of the door."

"Our oldest member is 92, so there's no age restriction," she reveals. "We want people to try to make it to our sessions just to get them moving. We have people with walkers and sticks and that's what we are loud and proud about."

Jane's company is called The Mile Shy Club and she started it in 2017 as a beginner's running club because there was simply nothing else around for those who lacked experience.

"There wasn't anything like 'Couch to 5k' around then and running was very transformative for me because it massively helped my mental health and continues to do so," she says.

"In the beginning, I was intimidated about joining any running club because the people there could already do it and I felt

like I was going to be left behind so when I moved to Sale in 2015 I decided to start a beginner's running club. I was running along the canal every weekend and enjoying it so much I thought this is just the perfect spot for a beginner. It was flat, picturesque and calming."

Jane came to love running so much that she gave up her job at a corporate law firm while training to be a running coach and aerobics instructor.

Our oldest member is 92, so there's no age restriction... we have people with walkers and sticks and that's what we are loud and proud about!



"I announced on social media that I was starting up this running club saying it's for beginners - not people who can already run. I did that for a couple of months, and in the new year, I had 33 people turn up and do a session with me, which was massive. I was not expecting that! "And they all came back and brought their friends!"

That was in 2017 I now have three sessions a week in Old Trafford, Partington and Stretford.

"Then the walking club launched, so we now have 11 clubs. Six walking clubs and five running clubs. All for beginners.

"Walking and running is so transformative and you get to meet people too. You might be feeling lonely, had a few knockbacks and things are getting you down but if you know a group of people who are nice and are waiting for you when you've finished your rubbish day, you always feel better afterwards. " In fact

nobody has ever come away from a session and said: 'I feel worse.'"

**DON'T BE SHY,
GIVE IT A GO!**

Mile Shy Club walking sessions are free to all members of Trafford Carers, so if you fancy giving it a try why don't you contact her at hello@milesclub.com or call: 07403 461 240.

More information about Jane's walks can also be found 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: carerevents@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

Carer Drop-in (Starts 5 June)

10.30am – 12.30pm

BlueSci Library & Wellbeing Centre Central Road, Partington M31 4FL

Singing for Fun

4.15pm – 5.30pm

Fiona Gardens, Atkinson Rd, Sale, M33 6GG

Refresh & Relax

2pm – 2:50pm (via Zoom)

Meeting ID: 952 118 7488

Passcode: Relax

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, 1–3pm*

(* New time June onwards: 2–4pm)

Broomwood Community Centre,

Mainwood Rd, Timperley, WA15 7JF

Flower Arranging

Last Wednesday of the month

1pm – 3pm

Coppice Library & Wellbeing

Centre, Sale, M33 4ND

Carer Drop-in

1pm – 3pm

The Hub, Pownall Road, Altrincham,

WA14 2SZ

Meditation Vouchers

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

Available to use weekly on Wednesday daytime (12.30 arrival for 12.45-1.10pm) or Tuesday & Thursday evenings (7pm arrival for 7.30-8pm). Contact us and we will post one out to you

THU THURSDAY

Carers Chatty Café

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

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

Bereavement Support Group

Last Thursday of the month 10am – 11.30am

Fiona Gardens,

Atkinson Rd, Sale, M33 6GG

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.

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

Contact us for Zoom login details to join in.

Carers' Self-review

SELF-REVIEW FORM

Name:

Contact number:

Address:

Date:

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 you to fill in this Carers Self Review Form which you can post back to us at our usual address : Trafford Carers, Springfield House, 9 Springfield Rd, Sale, M33 7XS.

How are you? Has anything changed since we were last in contact with you?	
Are you currently receiving any support from family/friends/services? What support do they offer?	
How is your own health? Are you stressed, depressed, or anxious? Are you receiving any treatment /on any medications?	
Are you able to have a break? Social life?	
Can you leave the person you care for and for how long? Typically how many hours of care does the person you care for need a day?	
Are you managing okay financially? Do you have savings or receive any benefits? Please contact Trafford Welfare Rights for help on 0161 912 2735 (Mon -Thurs 9.30am to 12.30pm).	
Do you have any other responsibilities? i.e. Children, work, in education?	
Has your caring role affected your relationship with the person you care for or others?	

Please tick this box if you would like a caseworker to call you about your completed self-review form.

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

Alzheimer's 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.macmillancentretrafford.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

<https://pakistaniresource.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

SENDIASS

<https://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

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

Trafford Assist

<https://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

https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=m9xIpV_FGOs

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

