

Celebrating
**Black History
Month**

Under Pressure?
Time to get a health check

Talking art and life
with Carer Tony Turner

**IN
THIS
ISSUE**



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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: Elle Awcock | elleawcock.com

Dear Carers,

Wow where has the year gone? I feel like the year is just flying by. But some of you won't feel that way at all. As a carer doing the same thing day in and day out can feel like there are too many hours in the day. This is where we are here to help. We have a fantastic programme of free activities (page 14). There is something for everyone so why not take the plunge? You can always try a class or a course and if it's not for you, there's no problem; you gave it a go. Or you can just dip in and out depending upon your caring schedule. There are no hard and fast rules.

One of our classes which has proved popular over the years is the art class run by Tony Turner. A carer himself, Tony tells us all about his creative journey and why he loves taking our carers art classes (page 13). Our special report this issue is based around Black History Month but more specifically about creating awareness of health and wellness issues that can affect those in the black community (pages 4-5). It's not all doom and gloom though; we are making exciting plans for Black History Month. The date and venue will be confirmed online.

Nurse Rebecca is on hand too and in this issue she reminds everyone to get a health check (page 6). As always, it is important that as a carer you look after your own health as well as the loved one who is in your care. We understand that you may feel that you have to keep going for the sake of a loved one, even if you feel mentally or physically unwell but you really don't have to suffer in silence.

When it comes to your health, taking steps to ensure that things aren't getting out of hand is always a good thing, so we are highlighting the importance of keeping a check on your cholesterol levels with activities surrounding National Cholesterol Month in October.

Finally, we'd like to thank our carers for sharing their stories with us. Carer Sheri shares her story on page 3 and over on page 7, young carer Leo Bedford Gaye and mum, Helen, talk about the charity work which resulted in a British Empire Medal. We hope you find them as inspiring and full of hope as we do.

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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GETINTOUCH

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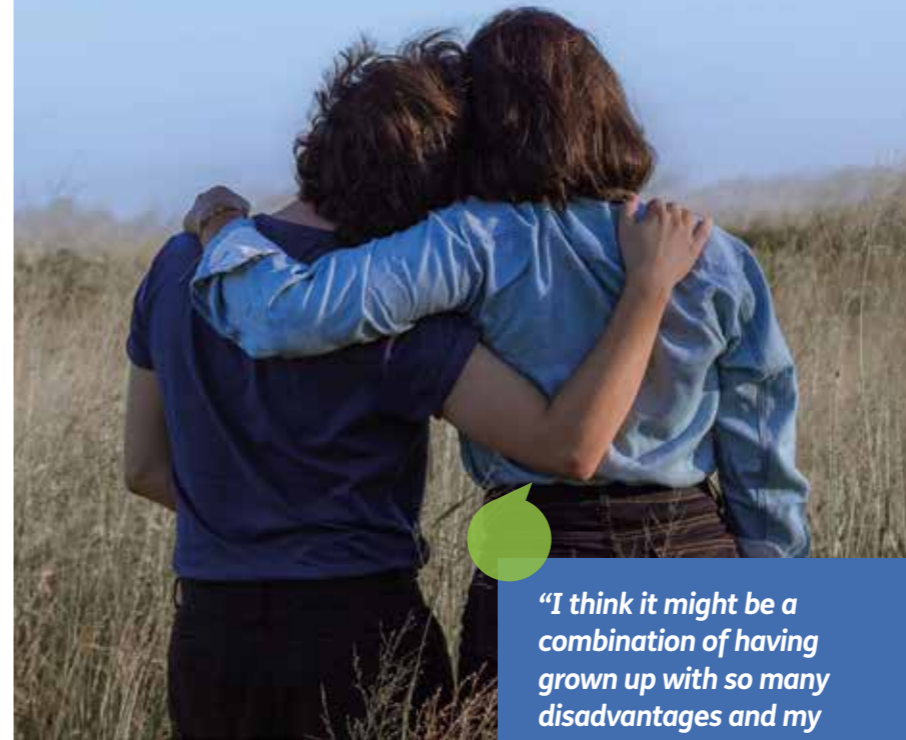
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A caring way of life for Sheri...



"I think it might be a combination of having grown up with so many disadvantages and my Christian faith that I just want to do my part to ensure I am not a bystander to these issues that the community faces."

SHERI did not stop being a carer when her son reached adulthood and no longer needed as much support as he once did.

For Sheri, caring isn't just something you stop doing, but it is part of her life. It was when her son was at school that she first reached out to Trafford Carers for much-needed support.

"That's what triggered it (my involvement) initially. My son was born extremely prematurely at 28 weeks with two bleeds on his brain, so he had behavioural issues and needed additional support at school as well as also being diagnosed with ADHD," she explains.

"This presented a great deal of challenges. My son still needs reminders and guidance but it's not on the level I had with the schooling issues. This is because

they wanted him to go to a special school, but I fought against them. That is something which takes a lot of time, effort, stamina, and determination.

"I'm glad I'm not dealing with things like that anymore because that took the wind out of me. I did it for years."

Her son is now nearly 21 and Sheri says he's doing very well, working and integrating well in the community.

"I am caring for different parts of the community now," she reveals.

"I help care for my neighbour who lost her husband through Covid, my other friend who is now in a home,

CARER'S STORY

I help look out for her daughter who has autism, I'm caring for the elderly in my community in my church, I help care for children who are socially and economically disadvantaged at my friends children's centre in Moston. I care for women in prison. I am caring for my community it is my duty. It gives me a great deal of joy that I am making a difference and that's how I like to use my privileges.

"I think it might be a combination of having grown up with so many disadvantages and my Christian faith that I just want to do my part to ensure I am not a bystander to these issues that the community faces. It's not a black thing or a white thing it's a compassionate thing.

"Stemming from a recent incident, it is so important people understand different experiences, different situations, different perspectives, different backgrounds, different views and different opinions, different cultures and that my reality is going to be different from yours. That way no one should be shut down, undermined, undervalued or blamed in any shape or form just because they have had a different lived experience from another. It is now 2023 and it is time to be open minded and understanding. The days of judging people based on assumptions; speculations, bias and from a perceived position of superiority is from a bygone era. Everyone has a right to express their reality from their lived experiences without judgement."

Meanwhile, Sheri still finds time to get involved with some of the Trafford Carer's activities and programmes including flower arranging. This gives Sheri time in a therapeutic space to unwind, reenergise and recharge as it takes so many sacrifices being a community carer.

Celebrating *Black* History Month



Black History Month in October will take the theme of Celebrating our Sisters/ Saluting our Sisters and highlights the major role black women have played in shaping history and inspiring change.

The lowdown

Black History Month in October will take the theme of Celebrating our Sisters/Saluting our Sisters and highlights the major role black women have played in shaping history and inspiring change.

As part of the month, which recognizes the contribution and achievements of people with African or Caribbean heritage, the spotlight falls on pioneering black females who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more.

Even though Black History Month dates back to the 1920s beginning in the USA it wasn't until the Thatcher era, that it was imported into the UK. The catalyst was the riots in Brixton, Tottenham and Toxteth when black Britons were experiencing high levels of marginalisation and racism. In response to this, Akyaaba Addai-Sebo,

a Ghanaian analyst and activist, who was working as the Special Projects Officer at the Greater London Council coordinated the first official Black History Month event on 1st October 1987.

Since then, during October, everyone, groups and individuals in schools, the workplace and other organizations are being encouraged to learn more about Britain's colonial history. It's a fact that while children have been schooled in white history, the role of black people has been downplayed, if it has been taught at all.

Ways in which Black History Month is marked can range from opening discussions in the workplace, educating people about black culture and key events such as the Bristol bus boycott, the Windrush generation and the British slave trade. The aim is to create a future where everyone feels represented and celebrated not only in October, but every month of the year.

Black Britons and health

At Trafford Carers our priority is the health of all our carers and those who are cared for which is why we are focusing on the work of the NHS Race & Health observatory which works to identify and tackle ethnic inequalities in health and care through research and making health policy recommendations.

Research shows that there are certain conditions and illnesses that specifically affect black people and can have a major impact on people's lives. They include:



Obesity

Black adults had consistently higher risk of obesity than white adults.

Adults and children from the Chinese ethnic group had consistently lower risk of obesity than white people.

Reference: Health - GOV.UK (www.gov.uk)



Mental Health

The Wessely Review (an independent review of the Mental Health Act)

found black people were eight times more likely to be subjected to community treatment orders than white people, and four times more likely to be detained.

Reference: Health - GOV.UK (www.gov.uk)



Type 2 Diabetes

Compared with the majority white European UK population,

the prevalence of type 2 diabetes is higher for ethnic minority groups. When diagnosed biochemically, type 2 diabetes prevalence is up to three to six-fold higher in South Asian and black ethnic groups compared with white people.

Reference: Health - GOV.UK (www.gov.uk)



Stroke is more common in black people, who are at 1.5 to 2.5 times greater risk of having a stroke than white people

Reference: Health - GOV.UK (www.gov.uk)



Looking after yourself...

It is important that all our carers whatever the ethnicity keep healthy which is why we offer you free health checks to enable you to receive help if you need it.

Everyone is welcome to our meditation and yoga sessions, starting in autumn, which are a fantastic way to help you cope with stress and anxiety and we have plenty of other fantastic classes from equine therapy to flower arranging that can have a beneficial effect. Whatever your health needs we are there for you.

Finally check the website for details of our Black History Month Celebration Get-Together. It's going to be fun!

KEEPING WELL with NURSE REBECCA



Hi everyone!

As you may – or may not – know, at Trafford Carers we offer free health checks for carers, so I just wanted to share with you what a health check actually involves.

There are physical health checks such as blood pressure, cholesterol, glucose and BMI plus we also assess your mental wellbeing.

You will also be asked to fill in a lifestyle and wellbeing questionnaire. Once this is done, I will work with you to discuss and agree a plan to support you. This may be direct support or involve referrals to other professionals. I will liaise with your own doctor if necessary, too.

During the months of September and October there will be awareness raising weeks for both blood pressure and cholesterol so there's really no time like the present to get checked out.

- **Book a health check on 0161 848 2400.**

Rebecca

Under PRESSURE?

Do you have high blood pressure?

Know your numbers week runs from 4-10 September 2023 and aims to encourage adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. When you have your blood pressure measured, you will be given two numbers, a top number and a bottom number.

Systolic blood pressure. This is the first, or top, number. This is the highest level your blood pressure reaches when your heart beats, forcing blood around your body.

Diastolic blood pressure. The second number, or bottom number, is the lowest level your blood pressure reaches as your heart relaxes between beats.



Blood pressure is measured in millimetres of mercury (mmHg). If the first number is 120 and the second number is 80, this would be written as 120/80mmHg, and you'd call it '120 over 80'.

Simply find your top number (systolic) on the left side of the chart and your bottom number (diastolic) on the bottom. Where the two lines meet is your blood pressure.

As a general guide:

- **140/90mmHg or over** – you may have high blood pressure. Most doctors use 140/90mmHg as the cut off for point for diagnosing high blood pressure (hypertension). This is the point where your risk of serious health problems goes up so you need to take steps to reduce this for example, through medication and change in diet and exercise.
- **120/80mmHg up to 140/90mmHg** – pre-high blood pressure. Also called high-normal blood pressure. This is not high blood pressure, but it is a little higher than it should be and means you could go on to develop high blood pressure.

- **90/60mmHg up to 120/80mmHg** – ideal blood pressure. Also called normal blood pressure. Your blood pressure reading is healthy. At this level you have a much lower risk of heart disease and stroke. Following a healthy lifestyle will help you to keep it in the healthy range.

- **90/60mmHg or lower** – you may have low blood pressure. This usually isn't something to worry about, but it can sometimes make you feel faint or dizzy or could be a sign of another health problem.

To find out more about blood pressure, visit: www.bloodpressureuk.org/know-your-numbers/

NATIONAL CHOLESTEROL MONTH

National Cholesterol Month in October aims to raise awareness about the importance of maintaining a healthy cholesterol level, showing how changes through diet, exercise, and your habits can make a big difference to your cholesterol levels and heart health.

Visit www.heartuk.org.uk/news/latest/post/177-national-cholesterol-month for more information.

YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE



Charity begins at Leo's home

FOR Young Carer Leo Bedford-Gay, home life is not only about the day-to-day stuff that every family does when they have a loved one who needs extra help, but it is also about pitching in with the charity work which recently earned his mum a British Empire Medal.

Leo's elder brother Oliver has a genetic condition called Fibrodysplasia Ossificans Progressiva (FOP) which is an ultra-rare condition where the body grows unwanted bone. It is due to a fault in the ACVR1 gene. Currently, there is no treatment or cure.

Mum Helen Bedford-Gay explains, "People with FOP develop extra bone which grows in ribbons across the body. This new bone restricts their movement, locking their joints. There is no knowing when the FOP can strike. FOP can be quiet for a long period, but it can also be active and cause the person pain for many months. Over time, FOP steals away their mobility and independence.

When Oliver, who is now 15 years

old, was diagnosed with the condition, there was no charity to turn to for support or to raise money to fund research into a treatment for their young child. In response to this, his mum and dad, Chris, set up a patient organisation to fundraise for research into the condition and to support families. Over the years, it became FOP Friends, the national and internationally recognised charity and patient organisation it is today.

"I had been a primary school teacher for many years, and it was a job I adored. However, as the charity grew, I had to take a career break to manage it. I was completely taken by surprise when I was awarded a British Empire Medal in the Queen's Jubilee Honours list. It was made even more special by the fact it was Her Majesty's last list," says Helen.

"I received my medal at Manchester Monastery last December and we were able to attend that as a family. I felt that was most fitting, because as a family we have given up so

much to run the charity. Then, in recognition of the award, Chris and I were invited to a Garden Party at Buckingham Palace in May. It was the most wonderful event and an honour to attend. We spoke to HRH Princess Anne and told her about the work of our charity and how FOP affects those who are living with the condition." FOP affects around one in a million births so, as Leo explains, "It's as rare as a blue lobster! There's about 70 people in the UK and 900 worldwide but there may be people who are living with it and just don't realise". For Leo, this is his world. Helen continues, "We run the charity from our home. It's a kitchen table charity so it's part of Leo's life and it can be hard. It has impacted him in certain ways. There are times when he has to get on by himself because we are busy with something FOP-related.

• CONTINUED ON PAGE 8

“Because we collaborate with people around the world, our work can be 24/7; there’s no 9 to 5 here.”

Leo is a huge support to his family, whether it’s assisting Oliver if he struggles to pick something up from the floor, to helping out at the charity’s biannual conference, which last year attracted people from 15 different countries and included leading authorities in FOP. He also helps with admin tasks in the office – going to the post box being one of his least-favourite tasks!

Leo wanted to help with the research too, so organised and trained for a 10K fundraiser with his cousin Edison. He smashed the run

and raised a massive £1,000

for the charity, and has plans for more fundraising in the future.

However, as Helen says, it’s as much the mental

stresses as

the physical which

have an effect on Oliver and

the rest of the family, including his 10-year-old little brother Harry.

“Living with the unknown is very frightening and worrying.

Oliver is in good health at

the moment, but we just

don’t know when things are going to change. Last year we did have a scare, but it worked itself out.

“There is no reason for it, that is just the way FOP works – it makes up

its own rules. Leo can sense when we are upset about something.

The impact of a living with a rare condition on siblings can’t be

ignored.”



What we did in the Summer

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

As

USUAL this half term we had a packed programme of activities with a good variety on

offer for our Young Carers. In May, we ran a two-hour art session supported by the fantastic Emma Evans which was funded by a donation from Sale Lions (see story on page 10). The theme of the session was based on the summer activities Young Carers looked forward to doing.

We also held a Simply Cycling session at Wythenshawe Park with not just our Young Carers taking to the cycle track, but also parents and the cared for. There was a really good turnout for the session, probably helped by the fantastic weather on the day.

Later in the afternoon we ran a gaming session at the Everyone Can gaming base in Sale Town Centre. This was for both the young carers and cared for siblings who were given a variety of different gaming consoles and games to play out on giant screens. There was also an area where Virtual Reality options were on offer.

We also held a cricket session in Longford Park, facilitated by Lancashire Cricket Foundation.

As we had never run a cricket session before it was great to be able to offer something different and it is an activity we aim to offer again in the future.

Grip Adventure also offered our young carers some refuge from the heat by getting them out onto the canal in kayaks and seeing how much they could soak each other – something everyone loved doing!

Equine Therapy Sessions – Round 2

Following the fantastic success of the one-off Equine Therapy Sessions back in February some of the feedback suggested that our young carers would really benefit from more than one session, so based on this feedback Katy (Dance Movement Psychotherapist) made a successful application for funding to do a further six sessions.

Four primary-aged Young Carers and four Secondary-aged Young Carers were offered three sessions each which were planned mostly for weekends in June and July as this would make them more accessible to the Young Carers and their parents.



Wey Hey!

We were over the moon to once again receive HAF (Holiday Activity Funding) to run four weeks of activities Mondays to Thursdays from 2pm to 6pm - with a hot meal included for 55 of our young carers.

The sessions were being run by our Partners Grip Adventure at their base in Sale during the last week in July and for three weeks in August for young people in receipt of free school meals or who are registered with our Young Carers Service.

Activities included: kayaking, canoeing, bushcraft, archery, team games and other exciting activities.





Teen Booster

Sessions with Nina



We are now really pleased to be able to offer sessions designed to boost the confidence of our teenage Young Carers run by relationship coach Nina Kundi.

Nina already has a relationship with Trafford Young Carers as she launched the first ever Teen Booster session in July at the request of Senior Young Carers Officer, Shay Garry following the success of her adult carer programme.

She explains: "It's about boosting the confidence of teenagers, because there's an awful lot of stress and anxiety out there and with everyone hiding behind computers young people are lacking face to face confidence."

"The Trafford adults' sessions were a great success and Shay asked me to create something for the

Young Carers. The programme is very much the same – it's about personal growth, goal setting, positive identity and social skills, coping mechanisms around bullying and cyber bullying and keeping safe, as well as strategies to overcome fear.

"Ultimately it's about building up self-worth and self-esteem and giving Young Carers that bit of reassurance that it's OK for them to be who they are as well as every day activities they are involved in."

Nina initially held a taster session for a group of Young Carers and had some fantastic feedback, with many saying that hour length online sessions weren't long enough.

"It's not all lesson planning," assures Nina. "There are activities in the session based on the topic we are learning that particular

week and we have activity sheets so that anyone who misses out on a session will be able to do it at home in their own time. I am also hoping that once they've collected all the activity sheets from all eight modules, they will have something they can keep and use for reference."

The Teen Booster sessions which were running throughout July were aimed at Young Carers aged from 13-17, but Nina feels that there might be a possibility of splitting the next cohort into two groups, aged from 11-14 and 14-17.

• **Any Young Carer or a parent on their behalf, who would like to take part in the next Teen Booster programme can contact Shay at: shay.garry@traffordcarerscentre.org.uk**



John Lewis Art Exhibition

As a result of a presentation to Sale Lions about what we offer to our Young Carers they very kindly made a donation of £250 to enable us to fund an art session. This was run by the fantastic Emma Evans during the May half term. It was really successful with 10 young carers attending and producing some fantastic collage pieces highlighting what they look forward to in the summer. As an added bonus their work was then all framed and displayed in the John Lewis Community Café in the Trafford Centre for all the public (and I am sure all of their parents) to see.

Carers Week ...thank YOU!

We would like to say a huge THANK YOU to all our carers who were able to celebrate Carers Week with us in June. Whether it was dropping in to our pop-up events running across Trafford to chat with our team, access information, advice, health checks or benefit support; enjoying the sunshine and getting out and about by joining our health walks; enjoying therapies, entertainment and afternoon tea.

We organised walks with Mile Shy Club, carers drop-ins in Partington and Trafford General Hospital, and the highlight of the week was our Be Our

Guest event, where everyone enjoyed special treats like reflexology, head/shoulder massages, reiki, hand massage, a magician, art exhibition, Carers Singing for Fun group, bingo, raffle, and afternoon tea. Over £100 was raised in the raffle. "It all ran seamlessly, everything was perfect – even the sun shone! Many thanks it was wonderful," said one carer.

We want to thank everyone who made the week successful and contributed to the week's events. A huge thank you to the businesses and individuals who contributed to our raffle prizes. And finally, a big thank you to our carers, who came along to our events and supported us. We certainly fitted a lot in, but we couldn't do what we do without the support of you, our carers, coming along and supporting the events we run. *Thank you!*

Trafford's Citizens' Forum

The Trafford's Citizens' Forum is a citizens' led independent community group supporting adults in Trafford to share their experience of Mental Health and Wellbeing Services in order to improve them.

This is achieved through sharing the feedback we receive with those responsible for commissioning and developing services. We recognise that people are accessing a wider range of Mental Health and Wellbeing provisions, and expanding our reach to include individuals that have caring responsibilities to reflect their experiences.

The link to our online form can be found below, or by scanning the QR code, left, and any information shared with us is confidential and anonymous.

www.form.jotform.com/210481788281360

If you would prefer to meet in person or feedback over the phone please contact either, Sharon on **07871 845183** or Jo on **07731 651002** from the Trafford Citizens' Forum Team. We appreciate your responses.



RUNNING UP FUNDS

Martin Pearn and members of the Batch Run Club have launched a Just Giving page for the Altrincham 10k on September 3. Batch Running Club and Batch Bottle Store have chosen Trafford Carers as their charity and will be doing various fundraising activities to support us. If you feel you can support them (or know someone who can) scan the QR code to take you to their JustGiving page or search for 'Martin Pearn is fundraising for Trafford Carers Centre' on justgiving.com



Meet Devan Storey



DEV'S playlist!

TOP TUNES

- **Abba Gold** – Their greatest hits. I love Abba, they make me feel so good.
- **Beyonce** – I've been listening to her new album and it's brilliant. Probably my favourite song is called **America Has a Problem** which is quite political, but is a very good song.
- **My favourite song is Pure Shores** by All Saints. It's my ultimate summer song and when I listen to it I just imagine myself at the beach.



FAVOURITE FOOD

I absolutely love a good pizza

FAVOURITE FILM

I really like Harry Potter films. They are magical!



YOU might know Devan from when she was Trafford Carers' Digital Inclusions Officer, helping people to get online during the Covid pandemic. The role was formed during lockdown to meet the needs of carers who found themselves confined to their homes during lockdown. Now Devan has followed in the footsteps of Jules Kennedy, taking over the role of Carer Support and Engagement Manager.

"My aim is to get as many carers from different backgrounds to get involved in our services, to reduce isolation and improve their health and wellbeing" says Devan.

"It's about giving them a break because being a carer can be so busy that you don't get the chance of any respite. My role has been established to help carers find activities that give them respite from their responsibilities. For example, introducing them to our art group and organising equine therapy, which is proving

very popular with carers and Young Carers."

Devan not only supports carers but will take the lead from them, so if someone has an idea about a new activity or support group, she will endeavour to make it happen.

"Most of the groups are run by volunteers who are either carers or have been carers. People who just want to carry on helping people and I support them to do this.

"I also manage our engagement team: our carers' nurse, our Counsellor Co-ordinator, Volunteer Coordinator, and Project Co-ordinator for Carers in Hospitals.

"I have such a great team. They've really supported me in this role. It's great to bounce ideas off each other. Nurse Rebecca and I have got the idea of doing a breast mug, for breast cancer awareness. It's a bit quirky but different, and I think carers might like it!"

She adds: "Being a carer can be quite lonely so getting out and making the time and effort to come can make carers feel better and they might even develop friendships in the groups. It is, I feel, a very fulfilling role."

Save the date: Carers Rights Day

Thursday 23 November is Carers Rights Day, a national day to raise awareness of the rights and entitlements of carers and to help you get the support you need.

Keep an eye out on our website for further details or if you've not already done so, sign up for our weekly ebulletin to keep up to date with all our information and news by heading over to our website www.traffordcarerscentre.org.uk and clicking the pink 'SUBSCRIBE' button at the bottom of the home page.

Have you ever looked after a loved one in hospital?

If so what was your experience? We are looking for carers who have had the experience of looking someone in hospital and would like to share their stories for our new Hospital Resource Booklet. Please email our Hospital Support Project Coordinator, Faith, at faith.parker@traffordcarerscentre.org.uk

Art Master classes



Painter Tony Turner, who runs our art sessions, tells us why everyone should get creative

TONY Turner is an artist who has been helping carers unleash their creativity for more than a decade at his regular Monday art sessions.

Not only does the group give people the chance to try their hand at painting and drawing but it is also a great place to meet, have a chat and of course get support from Tony, who has cared for his wife Christine throughout their 40 years of marriage.

"This is a group with a great deal of social activity and a lot of helping each other along with each other's problems, explains Tony. "Because everyone understands each other it can sometimes be a space for discussion, but the painting itself is also a way of learning things.

"Apart from acquiring a skill and giving yourself more self-esteem, it is also a safe space in terms of the canvas. You can't do anything wrong. And so, it's a way of teaching people to deal with uncertainty because you don't know what your painting is going to look like."

Tony (his middle name is Hayes and he's related to the WW1 hero, music hall and radio artist John Milton Hayes) agrees that as children we can't wait to make marks on paper, walls, wherever



Art has defined me... everyone has always known me as Tony the painter."

we feel like slapping on some colour or drawing, but as we get older, we fear being judged. "Everyone should paint," he says. "One of the things I tell the group is not to worry about other people. They'll come in and say, 'I can't paint, I can't draw, I haven't done anything like this since school,' and I'll tell them, 'You can – put that behind you!'"

Tony trained at art college and aspired to be a rock star, for a while, taking on a job as a gravedigger and then as a



horticulturalist, but he's always had a paintbrush in his hand.

"Art has defined me," says Tony who sometimes runs his art sessions in the garden of his Davyhulme home. "Everyone has always known me as Tony the painter."

He admits that like most carers, life has been difficult at times, however it was through looking after his wife that he found he had both the experience and aptitude to help others.

"I met lots of different people and ended up talking to groups, then when Blu Sci opened, I got talked into running groups there.

"I left work in 2000 as I had to look after my wife and that's when I started painting with the groups. I found I had a value in life again and it was worthwhile doing.

"I'm an abstract artist, but that's a different sort of market so it wasn't successful and ended up doing anything anyone wanted, which was generally people's dogs and God knows what. I do everything! I tell people in the classes, yes, painting is difficult, but you just have to try."

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: info@traffordcarerscentre.org.uk



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
10.30am – 12.30pm
BlueSci Library & Wellbeing Centre
Central Road, Partington M31 4FL

Refresh & Relax
1st & 3rd Monday of the month,
2pm – 2.50pm (via Zoom)
Meeting ID: 952 118 7488
Passcode: Relax

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*)**
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
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, 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
3rd 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
1st & 3rd Thursday of the month,
11.30am – 1.30pm. Café in the
Park, Stamford Park, 40 Mayors
Road, Altrincham, WA15 9RP

**Stretford Public Hall Carers
Group**
2nd Thursday of the month
12.30pm – 2pm. Stretford Public
Hall, Chester Road, Stretford,
M32 0LG

Autism Drop In Service
2nd Thursday of the month,
1pm – 3pm. Salvation Army, 27
Ashton Lane, Sale, M33 6NP

FRI FRIDAY

Craft Group
10.30am-12.30pm
Urmston Library, 34 Golden Way,
Urmston M41 0NA

Yoga (restarts in Autumn)
2nd & 4th Friday of the month
11 – 11.45am. Contact us for
Zoom login details.

If you would like to attend any of the activities above, please register by emailing carerevents@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](https://www.facebook.com/traffordcarers).

SELF-REVIEW FORM

Carers' Self-review

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=m9xlpV_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

