




TRAFFORD Carers

PIONEERING SUPPORT, IMPROVING LIVES
CARERS TRUST NETWORK PARTNER

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CARERS NEWS

Issue 139

November 2023
- January 2024



Beat the winter blues

Keep healthy in
body & mind

Chill out

Relax and Refresh
with Pearline

Jolly Holiday

What's on at Christmas

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ISSUE



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Your carer
stories



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activities



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Meet our
new recruits



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 Avcock

Dear Carers,

This is the time of year when many of us take stock of our lives. We dwell on times past and are looking forward into the future, hoping that the forthcoming year will be a good one. Being a carer for someone doesn't mean we can't feel positive about what lies ahead and that is really what much of this issue of the Trafford Carer's Newsletter is about; finding time to think about ourselves. Christmas and New Year can be wonderful, but we know, for many people, it just highlights everything they are finding difficult about life. It can mean days of isolation over the holidays too. But if you feel this way you are definitely not alone in dreading the festive season.

Here, at Trafford Carers Centre, we don't have all the answers, but one thing we do know is that looking after yourself as well as the person you are caring for, is really important. That doesn't just mean dealing with any illnesses or conditions you may have – as we know so many wonderful carers also have their own share of problems– but it means dealing with your mental health too.

In this issue, we hope we can give you some ideas and strategies to help you keep healthy. This support is free, safe and anonymous and includes online mental health support from Kooth and Qwell, using exercise to improve your health (p4-5) and advice from Nurse Rebecca, who is always there to help. You can fill out our self-review form on p15 and take it from there.

Many of our activities are designed not only to give you time for yourself but to give you the opportunity to meet other carers, share stories and hopefully have a laugh. If you want something that is more focused on helping you cope with the stresses and strains of daily life, then why not join Pearlline for a 50-minute relaxation session? Or get active and join a walking group?

There are many paths to health and wellbeing that don't involve too much effort or money and they can make a big difference.

Finally, let me wish you and your family peace and good health as we enter this brand-new year.

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

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

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CARER'S STORY



Keeping it in the family

MAGGIE Foster and husband, John, have spent decades looking after their son, Graham, who suffers from paranoid schizophrenia.

It hasn't been easy, but at a time of life when they might expect to be at the receiving end of some TLC, they are now using their experience and skills to care for their grandchild and great-grandchild. That is essentially why, after a break of around 20 years, Maggie has now called upon the support of Trafford Carers Centre. Maggie became a carer for Graham, now aged 57, in 1984, which is when he first became ill.

"It was getting him diagnosed which was a problem in the first place," explains Maggie. "I was looking around for helpful agencies at that point because there was nothing there and Graham had been in

and out of various places having horrendous treatments which they had in those days and that's when I eventually got in touch with Trafford Carers and got tremendous support from them over the years.

"There used to be a specialised mental health section which looked after carers who cared for people with mental health and that's when I go involved with them and they came and visited me quite often to give me support and advice."

Back in the 1980s mental health problems were dealt with very differently than they are now, and Maggie had to battle to get the best treatment for Graham. "I got involved with the sub committees at Trafford Carers Centre which consisted of various members of different agencies, housing etc, looking at how we could improve

the situation for carers looking after those with mental health problems. It was very good and extremely well attended," she says.

"They were always lobbying for recognition for carers and what the carers needs were and what they required to carry on in their caring role. This was the foundation for the carer's assessment, and we did lobby for that for a long time.

"The carer's assessment is now the first thing that is done for a carer. It's very important."

Maggie was also one of only two or three carers on the Local Implementation Team (LIT team) which was a group consisting of various people, including consultants, housing and various agencies brought together to assess what the community needed to address the needs of people with mental health problems and those who care for them.

Graham now lives in his own home, although he has support to ensure that he takes his medication, but that wasn't the end of caring for Maggie and John.

Because of difficulties in the family their grandchild Stephanie came to live with them and unfortunately developed a range of debilitating conditions.

"My granddaughter Stephanie developed rheumatoid arthritis and arthritis colitis and came to live with us," explains Maggie. "We also look after her son, our great-grandson Harry, who is 10-years-old.

"We've taken over the role of carers with Stephanie who is quite severely ill. She was on various drugs which alleviated the pain a bit, but her immune system was so low it leaps about her body. There's no way she can work.

"She also has a brain tumour but that seems to be dormant at the moment. It is a complex situation."

Need help with your mental health?

Online counselling may be the answer

YOUR mental health is just as important as your physical health, but sometimes it's hard to know what taking care of your mental health looks like. It often comes down to addressing what's making you feel worried, overwhelmed, or distressed.

Kooth, a free service commissioned by the NHS, offers safe, anonymous support options across Greater Manchester. It can help support you or a loved one with any mental health difficulties you may be facing. Kooth.com is specifically designed for young people from the ages of 10–25.

Qwell is a sister service for adults aged 26 and older.

Kooth and Qwell offer free and anonymous digital mental health and wellbeing support seven days per week, 365 days a year. The services give young people and adults the ability to:

- **Get expert advice** – Kooth has a team of friendly, experienced, mental health practitioners. You can chat to them to get advice and talk through anything affecting you; big or small. One-to-one text based chat sessions are available from 12pm to 10pm on weekdays, and from 6pm to 10pm on the weekend.

- **Find an online community** – The services have discussion forums where people can get advice and connect with others who may have similar experiences to them.
- **Discover self-help support** – Kooth and Qwell have engaging tools to help you set goals, journal, and find creative ways to improve your wellbeing. They offer access to a library of articles and activities to help you explore what you're going through.

Rachael Richards is an engagement lead for Kooth and Qwell. Her job is to ensure that anyone in Greater Manchester who might be looking for support

knows that Kooth and Qwell are available to them.

Rachael says: "We've been commissioned by the NHS to provide this service. It's free for anybody in Greater Manchester aged 10 and above. You don't need to be referred by a professional, and you can access the service from your laptop or mobile phone.

"It's often hard for people to reach out for support, but whatever the issue and however small they perceive it to be, Kooth and Qwell are here to help. We're aware that there's no 'one-size-fits-all' when it comes to providing support for mental health; Kooth offers personalised support with a wide

range of safe, confidential, and non-judgmental services that resonate with people's individual needs."

As part of her role, Rachael looks at ways in which Kooth and Qwell can help support communities who may need additional mental health support, which is how she became a partner with Trafford Carers Centre.

Rachael was a carer for her sister, who passed away just over a year ago. She talks about the impact this had on her own mental wellbeing:

"It was very tough; like being in the eye of the storm. There were probably a lot of agencies that could have helped, but we just focused on getting through each day.

"There were times as a carer I personally felt a lot of anger, frustration and resentment. You've got a lot of emotions and feelings, but it can often feel like there's a stigma, or it's not socially acceptable to discuss them.

"I was in a different job at the time as well, and having to balance my work with my caring responsibilities took a massive toll on my mental health. I couldn't process what I was feeling because I had to mask my emotions so much at work."

As Kooth has been around for over 20 years, it's seen rising numbers of people struggling with their mental health and an increase of people coming to the service.

"People come to us for lots of different reasons, but whatever the issue, Kooth is here to help and support them with a person-centred approach. For example, a person who is bereaved may just want someone to talk to, while someone with anxiety and depression might benefit from setting goals. We tailor the support around their personal needs," she says.

You can use the Kooth and Qwell platforms by creating an account with a username that makes you completely anonymous.

Rachael talks about benefits of anonymity and choice: "The benefit

of our digital service is that it's immediately accessible and can offer instant, anonymous help. If you're looking to speak with a counsellor, you can access a one-to-one confidential chat session with one of Kooth's professional practitioners. There's no obligation; people can choose the support they need as they see fit."

"One of our values is 'alongside you'," says Rachael. "We're committed to supporting those living in Greater Manchester by offering the mental health and support that people need, when they need it. We also work alongside other NHS mental health services to help people find the wider support network they may need."



MORE INFO

If you feel you could benefit from online mental health support, please get in touch.

- Young people aged from 10-25 can access Kooth at: www.kooth.com

- Adults can access Qwell at: www.qwell.io



WAYS TO IMPROVE YOUR MENTAL HEALTH

Exercise

Walking is one of the best ways to cope with stress and anxiety, so why not join the MileShyClub on a one-mile walk? Not only will it help you to feel fitter and more positive, but you may make friends along the way.



Relaxation

When your body is relaxed, your mind will follow suit so try to take time out from the everyday to just do nothing! You could join one of our relaxation sessions or download one from the internet.



Get creative

It's possible to lose yourself in creative activity, whether it's knitting or painting. Or if you fancy combining crafts with meditation? Then

take a look at p.13 of this issue to find more about our online Relax and Refresh sessions run by Pearline.

Connect with others

Your mental wellbeing can be improved just by being with other people. You may feel lonely, or isolated, or want to talk to someone other than family members, so you could give one of our courses a go, or come along to an event?



FINALLY...

We just want to say a big thank you to the Batch Bottle Running Club for being our sponsors in the Altrincham 10k run.

KEEPING WELL with NURSE REBECCA



Hi everyone!

Dare I mention the 'C' word.... Christmas and other seasonal celebrations can be a fun time, but they can also be challenging for many people. Many essential services close over the festive period, which puts added pressure on carers to pick up the slack. Whilst everybody else appears to be taking it easy, carers often have to work even harder.

There are often a lot of commitments, expense and social gatherings which can make it difficult to keep up with the habits that make us feel festive. It is all too easy to eat, drink and spend more than we would like, which is not good for us and not good for those we care for.

Whatever your plans, please remember to be kind to yourself.

Rebecca

• **Info at:** www.carersuk.org/help-and-advice/your-health-and-wellbeing/

Coping with complex feelings and relationships

Dealing with depression and stress

Many carers are more susceptible to depression and stresses they often feel under pressure and alone. Help out there, so don't suffer alone.

www.carersuk.org/help-and-advice/your-health-and-wellbeing/dealing-with-depression-and-stress/

Coping with bereavement

The death of a loved one can be devastating but there is support out there to help you.

www.carersuk.org/help-and-advice/practical-support/coping-with-bereavement/

When caring ends or changes

You may experience all kinds of conflicting feelings when your caring role ends. You could feel grief, emptiness or "what do I do now?" Again you need not suffer in silence.

www.carersuk.org/help-and-advice/practical-support/when-caring-ends-or-changes/

Coping with guilt, resentment and other difficult emotions

Caring is a complex situation and you are not on your own if you have feelings of resentment and guilt. You can find out more about coping strategies here: www.carersuk.org/help-and-advice/your-health-and-wellbeing/coping-with-guilt-resentment-and-other-difficult-emotions/

Your family and friends

Friendships can suffer if someone is a care giver, but they don't have to. You can forge strong links and make new friends.

www.carersuk.org/help-and-advice/your-health-and-wellbeing/your-family-and-friends/

Your relationships

Relationships are another area of life that can be affected when you are a carer. Read on for advice about how you can cope.

www.carersuk.org/help-and-advice/your-health-and-wellbeing/your-relationships/

How can I look after myself?

Looking after your own needs is so important when you have caring responsibilities. It's all too easy to become exhausted and burnt out with everything you're juggling. Here is some guidance on how to look after yourself so that you can be stronger and more resilient for those you look after.

General wellbeing

At times we need to check ourselves to make sure we are OK. Like any full-on job, you can sometimes be so busy you don't even recognise being out of sorts or low. So why not...

Take a break

Arrange some time out for yourself, whether it is to go for a walk, meet a friend or wander around the shops, something that makes time for YOU. www.carersuk.org/help-and-advice/your-health-and-wellbeing/taking-a-break/

Go online

Online meet-ups are a great way to step out of your caring routine. Join our Wellbeing Wednesday Group at 10am (*details p14*) or see: www.carersuk.org/help-and-advice/your-health-and-wellbeing/me-time-sessions/

Develop an interest

Trafford Carers Centre has a great range of classes available - from art and singing to walking and genealogy, so maybe it's time to give one a go.

Health Matters

Keeping healthy is very important. Ask yourself, how can you care for someone if you yourself are unwell? It's not selfish to look after yourself.

Here are some things to consider

- Talking to your GP
- Having a flu jab, shingles vaccination/ Covid jab
- Ensuring you eat well
- Get enough sleep
- Protect your back

Keep active

- Look after your body
- Keep active and well
- Carers active hub

Talk to a GP, book a health check with Rebecca, go to this resource that helps you to increase your activity levels:

www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/

For a health check contact Nurse Rebecca at www.traffordcarerscentre.org.uk/contact-us/



YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE



DoE opened doors for Charlotte



HARLOTTE Cloherty wasn't an easy convert to Trafford Young Carers, even though she is a great

help to her mum Helen who is in a wheelchair. Fast forward to 2023 and the 15-year-old student who has autism is on the verge of completing her bronze Duke of Edinburgh Award and is looking ahead to doing the silver, thanks to Trafford Young Carer's collaboration with Grip Adventure.

Grip Adventure in Sale make the Duke of Edinburgh Award within the reach of everyone through their safe, affordable programme for Young Carers, which meant that Charlotte's autism was no barrier to achievement. Mum Helen, who lives with Ehlers-Danlos syndrome, osteoarthritis and other mobility issues, is understandably proud of her.

"What does she do for me? She lifts my wheelchair in and out of the car and lifts anything heavy and reaches anything I can't reach for," she says. "She carries the washing up the stairs occasionally helps get me dressed if I'm struggling. She also, does some cooking and washes the family dog Clover."

Helen explains that because of her autism, it took Charlotte a long time to join her sister, Matilda, at Trafford Young Carers and enjoy the activities available.

"Now she's doing the Duke of Edinburgh award," she says. "They had an expedition in August where they all canoed down the river for about five and a half hours up to a camping site, where she got to camp out for the first time ever."

"She had to make her own food, put up a tent and went on a walk around Dunham before canoeing back the following day. Allowing them to do the Duke of Edinburgh with Grip Adventure has been so helpful," says Helen. "It's made a massive difference to Charlotte's confidence; she's made lots of new friends and it has given her the opportunity to engage and get out of the house because she finds it difficult to socialise."

Not only has Young Carers given Charlotte the chance to do a Duke of Edinburgh Award, but it has opened up other opportunities, too. "She is going to hopefully be joining the educational service that Grip Adventure offer because

they do classes as well for children with additional needs or requiring additional support," explains Helen: "I would totally recommend Young Carers for any children who are carers. You have to pay a fee for the Duke of Edinburgh Award, but as Charlotte is a Young Carer, she got a grant. My sister is also quite ill and in a wheelchair permanently so she's a lot less fortunate than me, but her children were never registered as carers, so they missed out on the opportunities offered by the Young Carers service."

"Young Carers is really good and has opened so many doors. Charlotte and Matilda have done so many things they'd never have got to do, like canoeing, kayaking, archery and forest school."

"Some parents won't let their children go if they have additional needs because they think it's too much for them but it has been amazing for Charlotte. When she tried it at first, she was really against it and didn't want to go. It took her a good two and a half years to start engaging and now they can't tear her away."

We've been Busy!

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



Team spirit at Grip Adventure

Once again, our partners Grip Adventure delivered another fantastic month of activities on our behalf. Kayaking, archery, bushcraft, bouldering, football, canoeing and team games were just a few of the many options that were on offer and after three hours of activity what could be more welcomed than a piping hot meal supplied by the chefs at the Kings Ransom Restaurant?



The feedback from parents and the 98 young carers and their siblings who enjoyed the meal was fantastic and because of this we will be applying for HAF funding to run activities at Christmas.



Here are just a couple of the comments we received from parents:

"Hi Shay - just wanted to say a huge thank you for arranging the Grip Adventure sessions. With XX's ADHD, he can be impulsive and unsafe at times, so it was such a relief to know they had experienced staff who knew how to handle him and keep him safe, even whilst canoeing and doing archery."

"Grip adventure - this is amazing, the kids get to try so many different activities they wouldn't normally be able to. Plus, a hot tea".



Duke of Edinburgh Award update

After many weeks of preparation, and thanks to funding from Trafford Carers Centre, four of our young carers, Charlotte Cloherty, Lily Anderson, Callumn Robinson and Laci-Mae Thomas completed the expedition element of their Bronze Duke of Edinburgh Award (read about Charlotte's story on p.7). The expedition involved the group (16 in total) meeting on a Friday afternoon and preparing all of their camping equipment and food for an overnight camp. They then canoed out to their campsite in Dunham Massey, erected their tents, started a campfire, and prepared their evening meal. In the morning after breakfast, they split into teams and completed a navigation challenge around Dunham Massey Park. Finally, the group packed up their tents and equipment and canoed back to Grip Adventure's base in Sale. Time now to start thinking about going for the Silver Award.



from 4.30pm to 6pm. Early sessions proved popular and so we are considering continuing them.

Talk Shop Drop-in Sessions

After a short trial our partners Trafford Youth Engagement Service are now offering a drop-in session at their base in the Trafford Talk Shop in Sale on a Wednesday evening from 4.30 to 6pm for our secondary aged young carers. That's perfect timing as the group can then just walk over the bridge in Sale to enjoy the Grip Adventure Youth Club Session running there from 6pm to 7pm.



Hideaway Young Carers Club

An eight-week trial of play sessions facilitated by the team at the Hideaway in Partington got underway for young carers aged five to ten years in mid-September. The sessions are running on a Monday evening





Work Experience for Olivia!

In July, the Young Carers team were able to support Olivia Hughes during her week-long college work experience placement. Olivia made the most of her time with us as she approached each task given with enthusiasm, willingness, and positivity.

Her duties involved shadowing the Young Carers team to gain a better understanding of how young carers are supported.

She said: "I enjoyed working with Alexia and Shay and seeing all the hard work that goes into supporting young carers and how much the team cares.

"It's really convinced me that I would love to do a job similar to that one and I really enjoyed it as a whole."

Olivia had the opportunity to observe many different elements of what the team does, including completing a carers assessment, attending partnership meetings, carrying



out reviews and she even ran a young carers zoom social meeting. Being a Young Adult Carer herself, Olivia was able to empathize with our young carers and as a project she set up a young adult carer weekly drop-in session staffed by youth workers from Trafford Youth Engagement Service at Trafford Talk Shop in Sale. It was a pleasure to have Olivia as part of our team and to see her eagerness to support young people in the future.

CHRISTMAS PLANS

- Once again, this year we will be applying to the **Cash For Kids Mission Christmas Appeal** in the hope of receiving gift donations for some of our families who will be struggling to provide presents for their children on Christmas Day.
- As per last year we are hoping to benefit from some free tickets to the **Garrick Theatres Christmas Pantomime** so keep an eye on our WhatsApp messages for further information.
- We have applied for HAF Funding to run **holiday activities with Grip Adventure** for four days from in January 2-5, from 2pm to 6pm at Grip Adventure's base in Sale.



SHOUT OUT for Volunteers

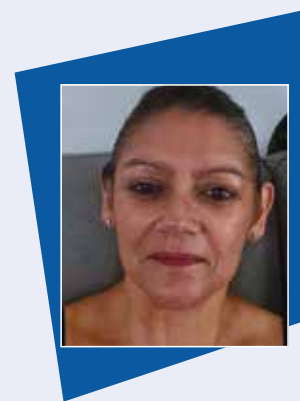
We're looking for volunteers who wouldn't mind stepping in to look after someone in their home while their carer pops out to take a break. The volunteer would spend a bit of time with the carers loved one- maybe playing some games, watching TV, or having a brew and a chat. If you're interested in finding out more, please email our Volunteer Co-Ordinator Angela at angela.andrews@traffordcarerscentre.org.uk

Could you be our volunteer driver?

We need a volunteer driver to assist our Young Carers get to our Grip Adventure sessions in Sale on Wednesdays from 5-7pm. As the driver you will ensure that young people are safely picked up from their house and dropped back home after the session. The role will involve using your own car, but you will be reimbursed for petrol costs. You must be DBS checked for this role. If you're interested in finding out more, please email our Volunteer Co-Ordinator Angela at angela.andrews@traffordcarerscentre.org.uk

Keep up to date with **Trafford Carers Latest News on our website at www.traffordcarerscentre.org.uk or subscribe to our E-Newsletter at the bottom of the website's homepage.**

Pleased to meet YOU!



Say hello to our new benefits advisor, CAROLINE DEBONO

I'm so pleased to be joining the team at Trafford Carers Centre. For over 10 years, I worked in retail, then I decided I wanted to do something different and started working in social housing in 2001.

I then worked in customer service and later progressed to the role of housing officer, going on to work in various roles, including anti-social behaviour, rents officer, and finally into health and safety, but was sadly made redundant in 2014.

I joined another Social Housing provider and became their Welfare Benefits Adviser, but due to my own personal health issues, I took a break. Now I am able to return to work and looking forward to helping others with their financial needs.

I recently become a carer after my partner had a serious workplace accident and it opened my eyes to how much time and energy it takes to look after a loved one, so I admire all of you who are in this situation. I look forward to meeting everyone, please get in touch with Trafford Carers Centre if you need assistance with your benefits.

Caroline

Save the date CARERS' Rights Day 23rd NOVEMBER

We will be celebrating **Carers Rights Day on Thursday 23rd November at Stretford Public Hall from 10am-5pm. The day is an opportunity to raise awareness of the rights and entitlements of carers and to help you get the support you need. There will be interesting talks, stalls from other organisations, free therapies, free food & drinks and much more!**

... AND DON'T MISS OUR AGM!

We will also be holding our **Annual General Meeting (23rd November) from 11am-12:30pm at Stretford Public Hall. All carers welcome and if you would like to attend or talk to us about how you can become a member, call 0161 848 2400.**

... and it's a big welcome to KIRSTY PARSONS, our Community Fundraising Officer

Hi all, I'm Kirsty Parsons. I'm a 50 something unpaid carer in Trafford and now your Community Fundraising Officer at Trafford Carers Centre.

In a previous life, I worked as a community carer for too many years to mention. I actually started volunteering in a care home at 14 years old, but I gave up paid work eight years ago when my husband was diagnosed with young onset Parkinson's Disease and I became his full time 'unpaid' carer. The support I received from Trafford Carers Centre has been amazing and I became determined to give back and help them to help other carers in my position.

Knit 'n' Natter was born and I got to give back and make some new friends and being able to connect with other unpaid carers has been amazing.

I'm looking forward to having some fun and meeting lots more of you in my role as Community Fundraising Officer.

Kirsty



Happy *Birthday* Genealogy Group!

IT'S 10 years since Pete Stuart set up our genealogy group after becoming a carer for his wife Isobel and it's still going strong. Some of the people who turn up to unearth the secrets of their ancestry have been attending since the very beginning, but new members are always welcome at the twice-a-month sessions.



The beauty of the group is that it works for anyone, whether they have hours to spend on tracing their family tree, or minutes.

But one of the most rewarding things is the camaraderie according to Pete.

"All I can say about the group is that I never thought it would still be going strong," he says.

"Some of the group have been together since the early days and are still as enthusiastic. My aim when starting it was to give carers something to relax them, when they had time. I know from experience being a carer is the hardest job anybody could have and if I have helped even in a small way, I have achieved my aim."

Blossoming at RHS Bridgewater

In September, we arranged two trips to try RHS Bridgewater Garden's Wellbeing Sessions and they were superb! One carer said "I thought this morning's event was fantastic and just the sort of break from our daily reality that carers need. I'd definitely go again. I couldn't fault it despite the rain."

The sessions were two hours long and included a private guided tour around the Wellbeing Garden along with garden harvesting and some craft making and painting

(however, activities are weather dependent). They offered a wheelchair or scooter for anyone who has difficulty walking and afterwards you can stay in the gardens to explore by yourself and even have a delicious scone in the café.

Since the sessions were successful, we are working towards making the sessions a regular occurrence. If you are interested, please call 0161 848 2400 or email devan.storey@traffordcarerscentre.org.uk.

Ho, ho, ho-pe
you can join us
for **FESTIVE** fun!

Join us for our free **Carols by Candlelight** event hosted by our **Singing for Fun Group** on **11th December at 4.15pm** at **Fiona Gardens, Sale**, where we will sing Christmas carols and enjoy mince pies and mulled wine. **All welcome! If you are interested, please call 0161 848 2400 or email devan.storey@traffordcarerscentre.org.uk**

CHRISTMAS OPENING TIMES

- **Monday 18 December**
9am – 4.30pm
- **Tuesday 19 December**
9am – 4.30pm
- **Wednesday 20 December**
9am – 4.30pm
- **Thursday 21 December**
9am – 2.30pm
- **Friday 22nd December**
9am – 3pm
- **Monday 25 December**
CLOSED
- **Tuesday 26 December**
CLOSED
- **Wednesday 27 December**
Carersline: 10am – 2pm
Office **CLOSED**
- **Thursday 28 December**
Carersline: 10am – 2pm
Office **CLOSED**
- **Friday 29 December**
Carersline: 10am – 2pm
Office **CLOSED**



YOU all know what it's like being a carer. There are up days and down days, and sometimes you just need to kick back and have a little time to yourself.

One person who understands what you are going through is Pearline Storer. As well as looking after her daughter Faith aged 20, who has a range of health issues including joint hypermobility syndrome and her eldest daughter Marianne who also has some hyper mobility, she had a stroke in 2018, suffers pain from osteoarthritis and has just been diagnosed with fibromyalgia.

Not that she has let anything stop her from getting involved in a raft of activities to not only enhance her own life but that of others.

One of these is **Relax & Refresh** for Trafford Carers, a fantastic online session designed to give carers much needed "me time".

"I started the classes this year after counselling with Trafford Carers and they kindly paid for me to go swimming for the year," says Pearline, who is also cared for by husband Malcolm.

"The counselling really helped and while I was there, I noticed some paintings, which led to me attending the Monday painting classes with Tony.

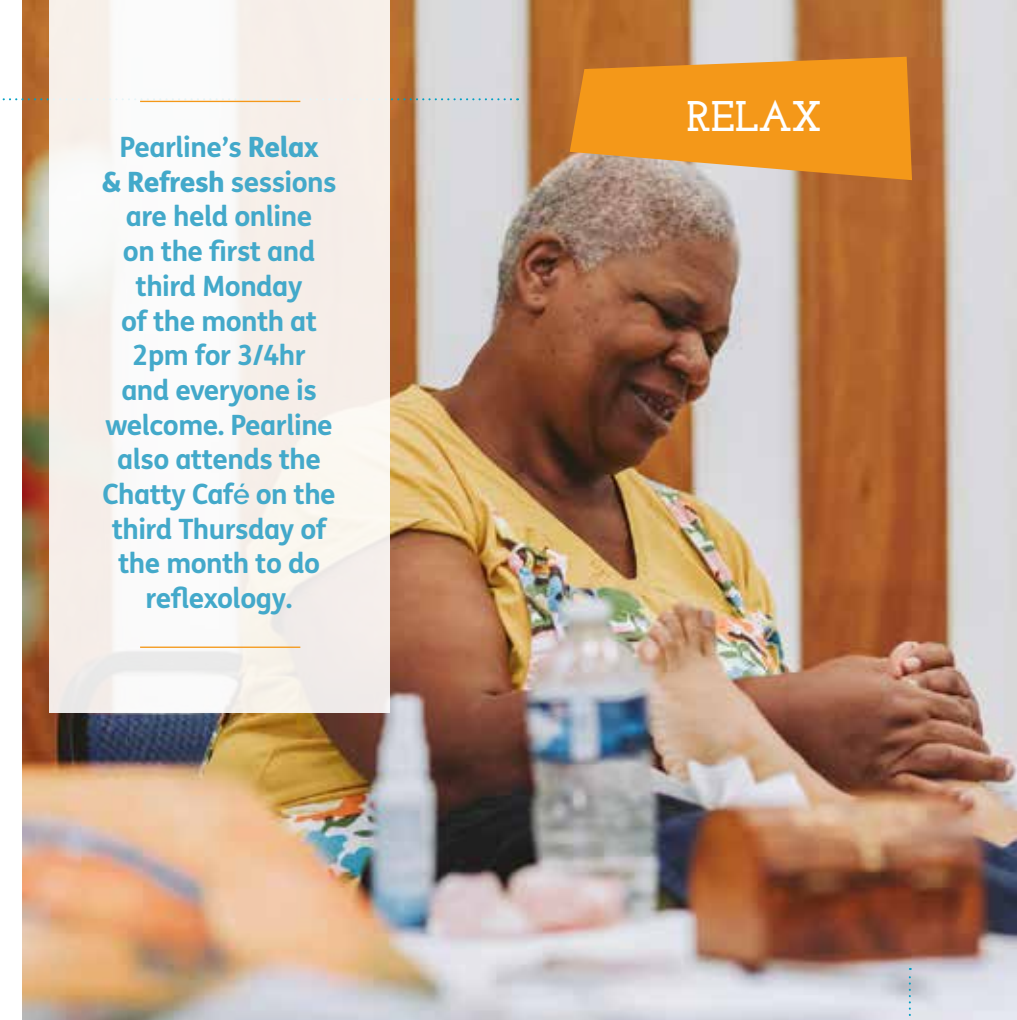
"Then I thought maybe I could help by holding craft work sessions for carers who were interested. I wasn't trained but have some experience of recycling crafts. It was Jules who knew I also did reflexology and reiki and other holistic therapies, who suggested I might like to do that too and that's where Relax and Refresh came into being.

Pearline's classes are quite unique as she combines relaxation techniques with other craft-based activities and suggestions on how you can make time for yourself.

"I have suggested things like getting a box or bag that they may want to decorate - I call it

RELAX

Pearline's Relax & Refresh sessions are held online on the first and third Monday of the month at 2pm for 3/4hr and everyone is welcome. Pearline also attends the Chatty Café on the third Thursday of the month to do reflexology.



Need a Break?

Take time to relax and refresh with Pearline

their rescue box – so that on days when things feel a bit bleak or they are fed up and don't know what to do, they put things in that make them happy or bring back memories. Maybe it's a picture of a holiday they've been on where they had a wonderful time, a book or DVD they like to read that cheers them up; maybe crystals such as rose quartz which generates love, or just one they like the feel of, and they can just hold and meditate on. So, anything. Even a bit of cross-stitch or knitting, a lovely poem; anything that makes them feel good. And everyone should know it as their box, because as a carer often everything

becomes everybody else's, so having something that's yours is important. I also do a guided relaxation session which could be a journey, or we go through the chakras and their colours and get them to breathe those colours in to help them to relax and shift the energy that doesn't suit them. Afterwards we come back to the present and I remind them to make time for themselves even if it is only five minutes." She laughs: "And if things get really bad, I always say, a good place to escape to is the toilet. It's the one place where people will let you be for a while!"

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, 1–3pm
Broomwood Community Centre,
Mainwood Rd, Timperley, WA15 7JF

Flower Arranging
Last Wednesday of the month
1pm – 3pm
Coppice Library & Wellbeing
Centre, Sale, M33 4ND

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
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://traffordcarers.org.uk).

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_lUbhv1A
t: 01619125020

Early Break / Holding Families

www.earlybreak.org.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

