

## Dementia awareness Special report

**Blooming lovely**  
...at RHS Bridgewater

**Blaze of Glory**  
Fundraising Fire Walk challenge

IN  
THIS  
ISSUE



p3

Mother of all  
superheroes!



p6

Get a health  
check



p8

Young Carers  
News





## 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,



Our spring issue already! I hope that 2024 has started well for you and your loved ones but I am well aware that spring can be a difficult time of the year. More than any other. It is a moment for renewal and hope but if you're not feeling it, then brighter days can be much more burdensome. It's easier to hide yourself away during the dark days of winter, isn't it?

If you don't exactly have a spring in your step, then help is at hand. I'd like to draw your attention to the last pages of our newsletter which includes a list of contacts that can offer you support. I urge you not to suffer in silence whatever your problems are. Even if you just feel lonely and in need of a chat with someone, please do get in touch. It is important that, as a carer, you are looked after as much as the person you are caring for and your physical and mental health needs are met. **Never underestimate your own health concerns just because you are a carer.**

Maybe you would benefit from an afternoon out at RHS Bridgewater, which is a beautiful garden in Salford. Here you can join in with various therapeutic activities, or just sit and enjoy the silence. Read more about the work of RHS Bridgewater in our interview on **page 13**.

In this issue, we also focus on dementia awareness in the run up to Dementia Awareness Week in May. The enormity of looking after someone who is living with memory loss cannot be underestimated and sometimes it is hard to know where to turn if a loved one has, or develops, the condition. You can read more in our special report on **pages 4-5**.

Finally, I wonder who will pluck up the courage to take part in our first ever **Fire Walk Fundraiser?** What a feat it will be! Or should that be feat? (Groan!) You can read all about it on **Page 11**.

Wishing you all a good start to spring and a very Happy Easter!

### Michelle

Michelle Grogan,  
Chief Executive, Trafford Carers Centre

## CONTENTS

About Us	2
Carer Profile	3
Special Report: Dementia	4-5
Nurse Rebecca: Looking after your health	6
Young Carers News	7-10
Fire Walk Challenge	11
News & Updates	12
Blooming lovely: RHS Bridgewater	13
Activities & Groups	14
Self-Review Form	15
Cut Out & Keep: Useful Numbers/Carers Quick Guide	16

## GETINTOUCH

[www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)  
Tel: 0161 848 2400  
[info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk)

*The opinions expressed in Trafford Carers News are those of the individual authors and not necessarily those of Trafford Carers Centre.*

*Information included in Trafford Carers News is accepted in good faith, but products or services referred to are not thereby endorsed or recommended by Trafford Carers Centre.*

*Trafford Carers Centre is a Company Limited by Guarantee and Registered Charity.*

Company Number: 4695523  
Charity Number: 1102075

PRODUCTION:

EDITOR: Janet Reeder

DESIGN: GMDesign

COVER IMAGE:  
Elina Fairytale / Unsplash.com

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

## Super heroes come in all kinds of guises, like caring mum Carol Bamford...

**If ANYONE** deserves to be called a super hero, it's Carol Bamford, a mum of four who has devoted her life to looking after her son

Nicholas, who has schizophrenia and autism.

He's now aged 39 and has his own flat, but he still relies on mum for his day-to-day care and when he's not at her home, he'll call constantly.

Life as a carer has often been fraught with difficulties for Carol who had to wait years for Nicholas's conditions to be diagnosed, during which time he went to prison and then spent years in hospital.

"I had no help, I had to deal with it all on my own. He was very, very ill and he ended up being sectioned," she confides.

"He was in Prestwich Hospital for five years, then they stepped him down to another hospital for two years. All the while they were deciding whether there was anything the matter with him, whether he was ill or just a bad boy, but that meant he got worse and worse to the point that he set fire to where he was living."

Meanwhile, not only did Carol have to hold down a full-time job and look after her youngest child, she also started to develop the debilitating condition, osteoarthritis.

"It started in my thumb and now I've got it everywhere. I've also got fibromyalgia and bursitis on my hip joints so it's pain on top of pain.

"As a result, I went part time in my job but I eventually had to give it up altogether and I left in 2018 so I'm at home all the time now."

Carol can't remember exactly how she came into contact with



## CARER'S STORY

# MOTHER of all super heroes!

Trafford Carers, but she was recently offered a lifeline when she went on a special Carers Resilience course, designed to help carers like herself cope.

"Through that I've learnt you have to take care of yourself because if I collapse or get ill then who's going to help Nicholas?" she says.

"I now give myself two days a week Nicholas free. He's still ringing me, but that's fine. I can cope with that."

She continues: "I loved the resilience course, and it couldn't have come at a better time because I was desperate for help.

"I did it on Zoom and it was magic. I would definitely recommend it to other people."

Having had to overcome so many hurdles over the decades you might think that Carol would be resentful of others with less complicated lives, but she says that her problems have made her aware that you never really know what is going on others' lives.

"When someone in your family has problems, it opens your mind up to other people's problems," she explains. "You feel empathy for them and that's what the course was all about. To be resilient you have to be able to empathise. I was already doing that, but I didn't realise it was part of being resilient."

## MORE INFO

If you're interested in the Carers Resilience Course please call 0161 848 2400 or email [devan.storey@traffordcarerscentre.org.uk](mailto:devan.storey@traffordcarerscentre.org.uk)

"When someone in your family has problems, it opens your mind up to other people's problems."



We talk to **LOUISE TAYLOR**, one of the **Memory Loss Advisors** at Age UK Trafford, commissioned jointly by Trafford Local Authority and the Integrated Care Partnership. She provides personalised pre and post-diagnostic advice to help people understand what dementia will mean for them, and their family, and to help them collectively prepare for the future

# Living well with Dementia in Trafford

A look at the kind of support carers can receive ahead of **Dementia Action Week, 20-26 May**

## What do you do if a loved one is showing signs of memory loss?

Louise shared that people forget things more as they get older and although it's frustrating, this often can be a natural part of ageing. Dementia is not a normal part of getting older. When a person has dementia, their symptoms significantly affect their daily life and may be small to start with, but get worse over time and can include:

- Memory loss.
- Confusion and needing help with daily tasks.
- Problems with language and understanding.
- Changes in behaviour.

## What type of support is available?

Louise outlined how everyone's experience of memory loss is different and being prepared and connected to support as early as possible is essential.

There is no right or wrong way to react to a diagnosis of dementia. It may seem overwhelming at first,

you may feel shocked and worried about the impact it will have on you and those close to you. On the other hand, you may feel relieved you can now put a name to what's going on.

The progression of symptoms will vary from one person to another. Many people live independently long after their diagnosis. But over time, it can reduce your ability to remember people and places and make decisions for yourself.

Living well with dementia is achievable and a very personal thing. It's important you find things that work for you, which might take a bit of trial and error. Adopting different practical strategies can help you deal with the challenges of dementia.

Remember, you don't have to go through this alone, we at Age UK Trafford are here to help.

Our support is free and includes a dedicated **Memory Loss Advisor**, open to any Trafford resident with memory loss and their carer and family. Available Monday to Friday 9am – 4pm providing advice, information and regular reviews of your circumstances to ensure you receive the support you need.

## Our support offer

- Advice sessions and support meetings - telephone helpline, face-to-face meetings, cognitive activity, monthly in-person Hubs and Drop-In's at locations across the borough. Quarterly information and newsletter.
- Benefits and entitlements - benefit calculations, guidance and assistance to complete Attendance Allowance, Pension Credit and other linked benefits.
- Planning ahead - understanding the benefits and process of Advance Care Planning, Advance Decisions and Statements, Lasting Power of Attorney and developing strategies to live well and safely with dementia.
- Care and support options - understanding the care needs assessment process and information on local provider options when choosing home care, day support, respite and residential care.



## PASSION FOR LIFE

Louise confirmed unfortunately there is no one specific method or treatment that is proven to prevent dementia. The good news is that we know there are things you can do to reduce the risk and slow the onset of dementia.

As many of the risk factors that can affect your chances of getting dementia involve your physical and mental health, the best way to reduce the risk is to lead a healthy, balanced lifestyle that takes care of both your body and your brain.

As a carer, you might feel you just can't take a break, even if you

wanted to, or you might feel guilty for thinking about yourself. Taking a supported break away from caring can give you much needed time out from your responsibilities, allowing you to do the things you want or need to do, like meet up with friends or attend a health appointment.

Louise talked of the close working relationship with the Passion for Life team at Age UK Trafford, who provide a rich, stimulating care environment. The staff are highly trained and experienced in providing responsive, quality, personalised care and support for people diagnosed with dementia.

The foundation of the care provided promotes respect, dignity and independence, and is able to adapt in real time to accommodate people's changing needs and aspirations. Step inside Passion

for Life and you'll find people doing the things they love, like enjoying baking, art, dancing, even light entertainment, but with a twist, as they know how to have fun! Keeping minds and bodies active is essential to living well with dementia.

The care settings operate Monday to Friday, 9am – 4pm and are located across Trafford in Hale, Sale and Urmston. All are self-contained, accessible, vibrant venues, designed

to support people in later life. Accessible transportation and two-course hot lunch and refreshments are available throughout the day.

- For more information on care, pricing and to arrange a free trial day please contact:  
**Passion for Life – Dementia Day Support:**  
**0161 672 9644**  
[pfl@ageuktrafford.org.uk](mailto:pfl@ageuktrafford.org.uk)



## WORRIED ABOUT MEMORY LOSS?

If you are worried about memory loss, contact an Advisor on the number below. We recommend that you make an appointment with your GP as early as possible and if needed, they will refer you to Trafford's Memory Assessment and Treatment Service.

- **Age UK Trafford Memory Loss Advice Service:**  
**0161 746 3944**  
[dementia.adviser@ageuktrafford.org.uk](mailto:dementia.adviser@ageuktrafford.org.uk)



## KEEPING WELL with NURSE REBECCA



Hi everyone!

As our special report is about Dementia Awareness Week I thought I would include information about caring for a person with dementia and looking after your own health and wellbeing.

Rebecca

### Health check reminder

Can't make a health check appointment? Unable to attend?

Be sure to cancel it!

Every missed appointment could be used by someone else. If you need to need to cancel or change your appointment, please contact 0161 848 2400.



# Looking after your own health

Taking regular breaks from caring is important for your wellbeing, whether it's for an hour or two, or for days or weeks. Making time for yourself means you are better able to support the person you care for. Try to make time to do something you enjoy every day, whether it is on your own, or with the person you are caring for.

To take a break, ask a friend or family member to spend some time with the person. Or see whether there are services that can help with caring, such as a day centre or short-term residential care. Caring can have a big impact on your health and wellbeing. The following tips will help you to look after yourself so you can go on caring.

#### Eat balanced meals

Try to have at least five portions of fruit and vegetables per day, as well as protein and starchy foods. Consider preparing larger amounts and freezing portions to reheat later, or use meal delivery services.

#### Make time for hobbies & interests

Even if it's just for a short time. You could do them with the person

you care for too. Keep physically and mentally active – for example, by going for walks, gardening, or at a gym/exercise class.

#### Keep hydrated

Drink 6–8 glasses of liquid per day.

#### Do mental activities

This could include reading, learning a language, or doing puzzles or crosswords. Socialising is also important for your wellbeing.

#### Spend time outside

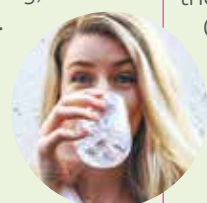
Being outside in fresh air, even for only short periods of time, can help reduce stress and improve sleep.

#### Find what works for you

Look after your own spiritual or religious needs – for example, continue with any meditation or prayer. If you usually attend a place of worship, try to keep doing this or watch services online.

#### Get enough sleep

Avoid alcohol and caffeine in the evening if you can. Talk to your GP if you think you need help.



#### Make time to relax

Find exercises and techniques that help reduce stress. Ask your GP, look online (for example, on the NHS website) or visit your local library or bookshop (look in the 'wellbeing' or 'self-help' section). There are also relaxation apps that you can download to your smartphone or tablet.

If you feel anxious or depressed, it can be helpful to talk to a professional such as a counsellor. Your GP can refer you.

### What does the term sundowning mean?

The term sundowning refers to a state of confusion occurring in the late afternoon and spanning into the night.

Sundowning can cause a variety of behaviours, such as confusion, anxiety, aggression or ignoring directions.

#### MORE INFO

Contact Trafford Carers if you need any further information on support that is available.

Or go to:  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## YOUNG CARERS

# NEWSLETTER

### YOUNG CARER PROFILE

How caring for his sister took Wesley Lawson on a path to his perfect profession

**My** NAME is Wes, my pronouns are he/him and I am a young carer in Trafford. I live with my single mother and my younger sister. My mum frequently has to work late or on days when my sister is not in school, so I frequently have to look after my sister since she is unable to properly look after herself due to being autistic and having epilepsy. Looking after her is not usually hard; the only rule is that she can't be left alone in the house, so I typically only need to cook her meals and make sure that I can always hear her. The only time when it can be difficult is when she has a seizure. If you have never witnessed a seizure before, they are no joke; they are actually quite horrifying and often very messy. But thankfully, she does not usually have one when I am the only other person in the house. Very lucky if I do say so myself. In some ways, being a carer can be a little annoying. I am limited to what I can do



# Musical youth!

in the time I am on duty; I cannot go outside, and it is not wise to chat with my friends over the phone or on Discord. But I know I am doing good work and my mum makes sure I know that she appreciates me.

My mum introduced me to Trafford Young Carers in late 2022 when I had been doing

this for around a year and a half. I talked to Shay and Alexia and through them, I have been introduced to multiple enriching activities for young carers like me. But the one that has done the most for me is unquestionably the Inch Arts Tech Club.

• Continued overleaf





• Continued from p7

Since early 2022, I have been playing the drums and when I first joined Inch Arts, it was a music production group making digital music using a DAW (Digital Audio Workstation) software called Ableton Live. Going to Inch Arts has drastically changed my life.

Everyone who goes there is so welcoming and kind and I look forward to seeing them every time the group gets together. There is a nice sense of community and belonging there. While I am primarily a performer, production and using DAW software is still important for musicians to know, especially since my personal drum kit is electric so the best way to record them is through software like Ableton.

From January until June/July, I would bring in the kit I had at the time and set it up, so we could record drum tracks from my kit instead of building one note by note in Ableton, which was always fun to do. I have not been doing this anymore since then because now

we have been doing other things besides just music at Inch Arts and I have a much bigger and less mobile kit now. But I still enjoyed bringing in my drums when I could and when it was useful to do so.



However, the biggest thing to come out of Inch Arts is that it led me to the most perfect university I could ask for: BIMM (British and Irish Modern Music) Institute. In March this year, one of

the staff who organizes Tech Club contacted a local band from Manchester called Taurine and they came in to perform for us.

In between songs, we asked them questions and they mentioned that they all met at a music university that had a campus in Manchester city centre, that being BIMM. I had been thinking for a while at the point about how I could make my drumming professional, so I researched BIMM when I got home that day and, conveniently enough, there was an open day the next weekend. I went to it, was sold immediately, put together my application, got booked in for an audition and was accepted. Now I am a certified BIMM student studying music performance and the domino effect that led me here is utterly remarkable but very much appreciated.

Being a student now means that I am a lot less frequently on duty for my sister. But fortunately, on the days when I cannot be at home, my mum has other family and friends that can cover for me.

And I still look after my sister when I am not otherwise engaged.



## YOUNG CARERS NEWS



## What we did at half term!

Shay Garry gives us the lowdown on four days of fun for our young carers

As usual we ran an action-packed package of activities for our young carers during the October Half Term.

On the Monday, 8 of our secondary aged young carers enjoyed a Bushcraft Session with Grip Adventure. They became budding Bear Grylls for the day and learned how to build shelters and start their own fires. They finished the session by cooking hotdogs and marshmallows.

On the Tuesday, 11 of our primary-aged young carers were introduced to Natasha Masztalerz from Dunham Massey with whom we are building a new partnership. Natasha delivered a fantastic Halloween related arts and crafts session. We are really looking forward to building our relationship with Dunham Massey in the future.

On the Wednesday, 9 young carers (and some parents) joined a Simply Cycling Session at Wythenshawe Park. Fortunately, the weather held out for the duration of the session on a week that had witnessed a lot of rain.

On the Thursday, 6 of our young adult carers joined us at PizzAmmore. The most popular choice by far being the 12-inch Pepperoni! Buon appetito!



### Winter HAF (Holiday Activities & Food) Offer



Once again, our partners Grip Adventure delivered another fantastic week of activities on our behalf in the first week of January. Kayaking, archery, bushcraft, bouldering, football, canoeing and team games are just a few of the many options that were on offer.





## Presents, panto and plays...

- Once again, this year we applied to the **Cash For Kids Mission Christmas Appeal** in the hope of receiving gift donations for some of our families who are really struggling to be able to provide presents for their children on Christmas Day.

- Thanks to **Diane White**, Theatre Administrator at **Altrincham Garrick Playhouse**, who donated free tickets for the theatre's Pantomime early in December. It proved a great opportunity for young carers to spend time with their families.

- Another amazing opportunity for our young carers came from **The Lowry Theatre**, who provided us with free tickets to go and see their big winter production *Life of Pi* on the 21 December.



## Hideaway Young Carers Club



In mid-September, we started an eight-week trial of play sessions to be facilitated by the team at the Hideaway in Partington for young carers aged five to ten years. The sessions have been running on a Monday evening from 4.30pm to 6pm and they have proved to be successful, with our young carers really enjoying their time at play. The Hideaway also organised a Christmas Grinch Theme Party on the 18 December for some of our primary age young carers that included some Christmas games and a buffet.



### Sign up to the Young Carers Alliance

Young Carers Alliance was launched by Carers Trusts on Young Carers Action Day 2022 and has since been a growing network of over 150 organisations and 300 individuals, all wanting to improve identification and support for young carers and young adult carers. Join us and many more organisations and individuals by signing up and together be committed to improve support for young carers and young adult carers.

Get in touch with Shay and Alexia for more information to sign up.



# Will you Brave the Flames?



## Trafford Carers Centre first ever Charity Fire Walk

IF you've ever wanted to walk over hot coals, now's your chance! We will be holding our first ever **Charity Fire Walk** on Thursday 28 March, and we are looking for some brave participants to join in...could you be one of them?

Imagine being able to tell your friends and family you were brave and walked on fire!

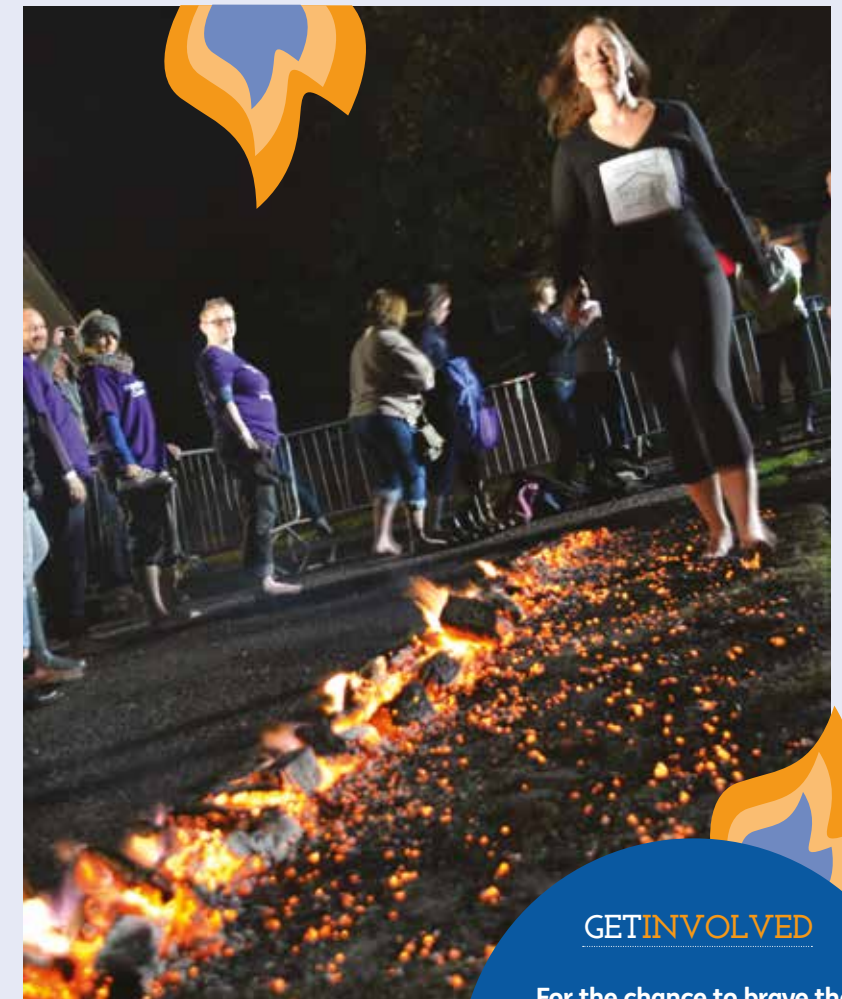
We have limited places available, but it's pretty much open to anyone who wants to give it a go, if you're aged from 12 to 90 years old. There is a £30 entrance fee, applicable to everyone taking part, which covers the cost of full training, the event itself, photos and a certificate to show everyone you've done it!

Everyone will be asked to raise at least £100 in sponsorship and there will be a prize for the person who raises the most.

### IS IT DANGEROUS?

**No. Fewer than 1% will get as much as a blister.**

Plus you will undergo training for around one hour before the event. When the fire has burned to red-hot embers it is raked level and prepared for the walk. Participants then go to the fire, remove their footwear and one by one are invited to walk the coals.



### GET INVOLVED

For the chance to brave the flames – and make a proper impact for Trafford Carers Centre, just call 0161 848 2400 or email [kirsty.parsons@traffordcarerscentre.org.uk](mailto:kirsty.parsons@traffordcarerscentre.org.uk) for more information.

### IS IT A TRICK?

**No, the fire is very real!** The embers will be glowing red-hot – we can often measure the temperature at around 1,200 degrees Fahrenheit. You will have bare feet and they will not have been treated in anyway.

### WILL IT HURT?

The sensation is described by some as walking on eggshells, others as walking on hot sand. Each walker has his or her own

experience. Walkers have never said they experience pain; indeed when the opportunity arises many will walk across the coals more than once.



# New database for enhanced carer support



Our team has been hard at work learning how to use our brand new database, which is now live! This new database aims to enhance your experience with Trafford Carers Centre providing a more streamlined and efficient way to connect.

We want to take this opportunity to reconnect with you and you can let us know how you are getting on. We appreciate your patience and understanding as we have introduced some new questions to ask you which will better tailor our support to your unique challenges.

Please bear with us while our caseworkers navigate this new system. We look forward to speaking with you.

Save the date  
**CARERS' Week**  
10-16 JUNE 2024

We are excited to announce that we are preparing for Carers Week 2024, where there will be a range of activities and events for you to enjoy! Please save the date and look out for more information on [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk) or subscribe to our e-newsletter.

## Job Opportunities!

We are looking for more people to join our wonderful team!



### CARERS NURSE

To lead on supporting carers to manage their own physical and mental health through delivering health checks and ongoing annual reviews using a variety of assessment tools. The nurse is responsible for raising concerns and notes for GP's and making relevant referrals to ensure carers maintain good health.

- **HOURS:** 21 hours per week
- **SALARY:** £28,000 - £30,576  
*(pro rata, dependent on experience, non NHS banded role)*

### CARERSLINE WORKER

As part of the Adult Casework Team you will be responsible for the operational management and leadership of Carersline, our telephone system which is the main incoming communication portal with and for carers.

- **HOURS:** 35 hours over 5 days
- **SALARY:** £21,500 - £23,478  
*(pro rata, dependent on experience)*

### BENEFITS ADVISOR

Your role will help carers (and the person they care for) to maximise their household income through identifying benefits or other entitlements that they may not be accessing.

- **HOURS:** 21 hours per week
- **SALARY:** £22,360 *(pro rata)*

Interested and want to read more? Head over to: [www.traffordcarerscentre.org.uk/make-a-difference/careers/](http://www.traffordcarerscentre.org.uk/make-a-difference/careers/) for full job descriptions and application forms.

Or email: [devan.storey@traffordcarerscentre.org.uk](mailto:devan.storey@traffordcarerscentre.org.uk).



## What can you expect on a Trafford Carers visit to RHS Bridgewater?

"Some time out for themselves," says Kerry. "We close the wellbeing garden off for the session so its private for the groups because we really want them to feel that the space is theirs while they are there."

"The wellbeing garden was designed with wellbeing in mind. It is separated off into different areas, so we have a quieter area under the trees where people can go and take some time to be alone and relax and have that tranquil time for themselves; we have a foraging area where it is possible to learn about different styles of gardening and all the different herbs that are in there; we have the raised planters which are accessible and can be moved and there's the chance to learn about growing edibles."



## Blooming lovely

**Kerry Garner, Community Project Officer at RHS Bridgewater tells us how the gardens are helping improve wellbeing and mental health**

Kerry has been working at RHS Bridgewater for the past four years but in the last 12 months has been in the role of Community Project Officer, a brand-new position created to help improve the bookings process for community groups like Trafford Carers Centre.

For the uninitiated RHS Bridgewater, is the fifth Royal Horticultural Society garden in the UK, and the first in the North West, based in Salford. Perhaps not a place you'd expect for an RHS garden, but Kerry says they are really proud of its urban location.

"It's a visitor attraction, so we have paid members who come here; we have Salford free Tuesdays where people from Salford can visit for free on a Tuesday and we have an outreach element where we

go out to work with different community groups," says Kerry.

"We also have our wellbeing and community sessions. Any group which registers with us can come for those two-hour free sessions aimed at people who are most in need of the time out. Then we take referrals by social prescribing as well for people whose health has been compromised for certain reasons they might be suffering with depression or anxiety, or have mobility issues.

"We just try to improve people's mental and physical health through gardening and social activities. We also have a special community grow garden, which has lots of different plots, so we have eight different groups who come down to look after their plot. It's all about learning, sharing skills, and socialising."

So, each group comes with a slightly different idea of what they want in terms of their wellbeing goals but in essence, they will be welcomed, they will have a space for themselves, and they will have the opportunity to socialise with each other. They will have time for themselves, to restore, rejuvenate and to learn about gardening. It's all about connecting with nature, connecting with the beauty of the garden and just enjoying being in that space.

"We've had some lovely feedback from Trafford Carers. One response from one lady was just having that time for herself was so needed. And just do something mindful. You can really feel the sense people are connecting with what they are doing and it's lovely. It's really, really nice to see."



## 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](mailto: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

1st Monday of the month  
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

3rd Tuesday of the month  
10am-12noon Stretford Town Hall, Chester Road, M32 0LG

### RHS Bridgewater Wellbeing

2nd Tuesday of the month  
10am-12noon  
Leigh Road, Worsley, M28 2LJ  
(Person you care for also welcome; wheelchair & scooters available)

### 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/](http://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 Walking Support Group

1pm – 3pm  
The Toy House, 91 Irlam Rd, Urmston, M41 6DU  
(Call 0161 746 8185, or email: [email@toyhouse.org](mailto:email@toyhouse.org) for details)

### Hospital Support Group

2nd & 4th Wed of the month, 1-3pm  
Bevan's Restaurant, Trafford General, Moorside Road, Urmston M41 5SL

### Genealogy Group

1st & 2nd Wednesday of the month, 1-3pm  
Broomwood Community Centre, Mainwood Rd, Timperley, WA15 7JF

### 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

### Flower Arranging

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

## THU THURSDAY

### Carers Chatty Café

3rd Thursday of the month,  
10am – 12noon. The Life Centre, 235 Washway Road, Sale, M33 4BP

### 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

If you would like to attend any of the activities above, please register by emailing [carerevents@traffordcarerscentre.org.uk](mailto: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 / X (Twitter): [traffordcarers.org.uk](http://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](mailto:theteam@42ndstreet.org.uk)  
(Referrals made using online form)

### Advocacy Focus

[www.advocacyfocus.org.uk](http://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.ageuktrafford.org.uk](http://www.ageuktrafford.org.uk)  
t: 0161 746 7000 or 9754  
e: [admin@ageuktrafford.org.uk](mailto:admin@ageuktrafford.org.uk)

### Alzheimer's Society

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
t: 0333 150 3456

### Blue Sci

[www.bluesci.org.uk](http://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](http://www.capuk.org)  
t: 01274760720

### Calm Connections

[www.calmconnections.org](http://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](http://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/](http://www.gmmh.nhs.uk/tpt/)  
t: 0161 357 1350

### Citizens Advice Trafford

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
0300 330 9073

### Childline | t: 0800 1111

### Community Hubs

[www.mycommunity.org.uk/what-are-community-hubs](http://www.mycommunity.org.uk/what-are-community-hubs)  
t: 0300 330 9073

### Cyril Flint Befrienders

[www.cyrilflint.org](http://www.cyrilflint.org)  
t: 01619429465

### Dementia Crisis Team

[www.gmmh.nhs.uk/trafford-dementia-crisis-and-prevention-team-dcpt/](http://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](http://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](http://www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=1p_ltUbhv1A)  
t: 01619125020

### Early Break / Holding Families

[www.earlybreak.co.uk](http://www.earlybreak.co.uk)  
t: 01617233880

### Engage Trafford - Salford Foundation

t: 0161 787 8500  
e: [enquiries@salfordfoundation.org.uk](mailto:enquiries@salfordfoundation.org.uk)

### Family Information Service

[www.trafforddirectory.co.uk](http://www.trafforddirectory.co.uk)  
t: 0161 912 1053

### Healthwatch Trafford

[www.healthwatchtrafford.co.uk](http://www.healthwatchtrafford.co.uk)  
t: 0300 999 0303

### HOST (Housing Options Service Trafford)

[www.hostuk.org/index.php/about-host/](http://www.hostuk.org/index.php/about-host/)  
t: 01684 562577

### Indian Senior Citizen Centre

[www.iscc-manchester.co.uk](http://www.iscc-manchester.co.uk)  
t: 0161 232 0999

### Kooth

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

### LGBT Foundation

[www.lgbt.foundation](http://www.lgbt.foundation)  
t: 0345 330 30 30

### Male Domestic Abuse Service

[www.mensadvice.org.uk](http://www.mensadvice.org.uk)  
t: 0808 8010327

### Macmillan Wellbeing Centre

[www.macmillancentretrafford.org](http://www.macmillancentretrafford.org)  
t: 0161 746 2080

### MIND | t: 0300 123 3393

### NHS - Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters/](http://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](http://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://pakistani-resource.org.uk>  
t: 0161 445 0633

### Papyrus

t: 0800 068 4141 / 07860 039 967  
e: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### Parkinson's Society

[www.parkinsons.org.uk](http://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/](http://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/personal-budgets/)

### Rainbow Reflections

e: [youthgroups@theproudtrust.org](mailto: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/](http://www.manchesterfire.gov.uk/contact-us/)  
t: 0800 555 815

### School SENCO

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

### Self Help Services

[www.selfhelpservices.org.uk](http://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](http://www.togethertrust.org.uk/sleep-tight-trafford)  
t: 0161 286 4201

### Social Prescribers (Trafford)

[www.england.nhs.uk/personalisedcare/social-prescribing/](http://www.england.nhs.uk/personalisedcare/social-prescribing/)  
e: [england.socialprescribing@england.nhs.net](mailto:england.socialprescribing@england.nhs.net)

### Stroke Association (Trafford)

t: 0161 962 5854

### Talk Shop

t: 0161 912 2453  
e: [talkshop@trafford.gov.uk](mailto:talkshop@trafford.gov.uk)

### The Bread and Butter Thing

[www.breadandbutterthing.org](http://www.breadandbutterthing.org)  
t: 03300945373

### The Counselling and Family Centre

[www.thecfc.org.uk](http://www.thecfc.org.uk)  
t: 0161 941 7754

### Together Dementia

[www.togetherdementiasupport.org](http://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](http://www.justpsychology.co.uk)  
t: 0161 262 1622

### Trafford Parents Forum

[https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=m9xIplV\\_FGOs](https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=m9xIplV_FGOs)

### Trafford Psychological Therapies Referrals

[www.gmmh.nhs.uk/tp/](http://www.gmmh.nhs.uk/tp/)  
t: 0161 357 1350

### Trafford Welfare Rights / Benefits Advice

[www.welfarerights.net/home.php](http://www.welfarerights.net/home.php)  
t: 0161 912 2735

### Trafford Youth Engagement

e: [talkshop@trafford.gov.uk](mailto:talkshop@trafford.gov.uk)  
t: 0161 912 2453

### Turn 2 Us

[www.turn2us.org.uk](http://www.turn2us.org.uk)

