

## Need a holiday?

Carer Kirsty's mission  
to get you places!

## We've been busy!

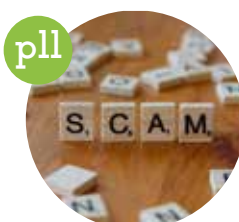
Young carers update

## Dementia Action Week

Focus on awareness, support and resilience



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BE PREPARED  
Fraud & Fuel  
Advice



HANDS ON  
Pottery  
class



WHO TO CALL:  
Useful  
contacts





## 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

## Hello everyone.



Planning a summer holiday is one of the pleasures of life. It's just lovely to have something to aim for, as we leave the dark days of winter for warmth and sunshine.

But as I am well aware, there are so many carers out there who haven't taken a proper break in a long time, and even if they wanted to wouldn't know how.

If this is you, take a look at our **page 3** interview with Kirsty Buckley, a carer who knows exactly what the challenges are when it comes to taking someone with an illness or demanding condition on holiday.

She is determined to share her knowledge as a travel agent who organises trips for people with specialised needs. She believes anyone can get away on holiday with the right kind of help and is here to advise you. She will even tell you how to do it all on a limited budget. So, who can argue with that?

This issue we are also focusing on dementia and the week-long campaign to raise awareness and fight the stigma associated with it. Although this generally affects older people, its impact on families can be huge. On **pages 4-5** we explain what **Dementia Action Week** is and ways you can help someone with the condition.

Also, we recently held a **Fraud and Fuel Event**. If you missed it, turn to **page 11** for some handy tips. Anyone can become a victim of fraud – when you're busy caring for someone, as well as doing life's tasks, you can take your eye off the ball. Spending a few minutes learning how to look out for fraudulent activity could save a lot of heartache, so check out our update.

And on the subject of events, thanks to Dunham Massey, a group of carers were able to let their inner Grayson Perry loose at a pottery session. See **page 13** for how they got on!

Finally, remember we are always here to help. On **page 16**, you can browse our quick guide to support, or fill in a self-review form on **page 15**, telling us how you are feeling. No problem is too big, or small, so please do not suffer in silence.

*Michelle*

Michelle Grogan,  
Chief Executive, Trafford Carers Centre

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

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## Kirsty Buckley on her mission to help make travel accessible for everyone

**K**IRSTY Buckley (pictured centre) is a woman on a mission – to make travel accessible to everyone.

The travel professional is determined to give carers and those they care for the chance to enjoy everything the world has to offer.

“Having children with health conditions, and also myself, I’ve never let it stop me from travelling and I’d love to be able to help other families or individuals realise they can travel despite having illnesses, disabilities or additional needs and not see it as a hindrance,” she says.

“In our family, myself and my children each have conditions. One child is on 27 daily doses of medications – and that’s on top of the medications for the rest of us! Yet we still travel, with all our medical items.”

Having been a single parent until recently, Kirsty accessed the support of Trafford Carers Centre and now wants to give back by using her platform as a travel agent to organise tailor-made trips for those with extra needs, at no extra cost.

“The pros outweigh the cons and from our not-so-good experiences, I’ve learnt what works,” reveals Kirsty. “It’s not been a walk in the park as I’ve had to go through it all myself to learn and grow from it.

“I had nobody who could advise, me...and if I can offer anything to the carers and families of Trafford Carers, it is exactly that; advice, encouragement and inspiration in showing there is life beyond being at home, caring day in, and day out.”

Kirsty recently moved to local family firm, Admiral Travel, whose staff in her store collectively have 95 years’ experience between them. She’s helped clients with a range of special needs, such as Down’s Syndrome and spina bifida to travel on their dream holidays.

“I’ve helped customers travel who have stomas, some are paraplegic,



## CARER'S STORY

## World of travel...

diabetic, food intolerant, have food pegs, babies or toddlers that are on special formula or can't eat solids and I help with them getting their prescribed milk or food through the airport. It's the same with medication, medical supplies, wheelchairs and mobility scooters. I organise adapted airport transfers to get them from

*“Everybody needs, and deserves, a holiday; some respite and to make memories.”*

airport to hotel, I arrange airport assistance through the airport, an ambulift from the ground up onto the plane, even a hoist into the seats if needed.

“Some may need to travel with a carer, and we ensure their seating arrangements, hotel room and sleeping arrangements are sorted for that.”

Kirsty always advises customers to

take a ‘sensory travel bag’ including snacks, fluffy socks, sliders or flip flops, layers of clothing to regulate temperature, as well as drawing and reading materials. She reminds them to make sure they have a power bank with a charging port and Fidgets! “I always take those. And give them to other people on the aircraft as well as my children.”

For those who don't like the thought of flying, Kirsty can arrange cruises, coach holidays and rail journeys for within the UK, Europe and as far as Australia and New Zealand!

For those wanting to stay closer to home, she offers caravan holidays, hotels, cottages, log cabins and coach trips.

Kirsty knows some families don't have the funds for holidays, but she insists a low income doesn't necessarily have to be a barrier and will explain just how this can be achieved. “

I am so passionate about this,” says Kirsty, “Because I feel everybody needs, and deserves, a holiday; some respite and to make memories.

“And I’m proof it can be done! I’d love to be able to help others see that they can also go away and I can help them and support them every step of the way.”



# Focus on



**Dementia Action Week 2025 will take place from 19– 25 May. The week-long campaign aims to raise awareness, reduce stigma, and improve support for people living with dementia.**

There are currently around 982,000 people with dementia in the UK, but more than a third of people with the condition do not have a diagnosis. The number is expected to rise to 1.4 million by 2040.

## What is dementia?

Dementia is a term which covers a wide range of conditions which progressively affect the brain. What they have in common is that each stops a person's brain cells (neurones) working properly in specific areas, affecting their ability to remember, think and speak.

Symptoms include memory loss, confusion, problems with speech and understanding which get worse as time goes on.

Anyone can get dementia although it is more common in people over the age of 65 and while most people will have heard of Alzheimer's disease there are other subtypes and causes of

the condition such as vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia.

## Causes of dementia

### • Alzheimer's Disease:

This is the most common cause of dementia, accounting for a significant portion of cases. It's characterised by the buildup of proteins (amyloid plaques and tau tangles) in the brain, which damages nerve cells and disrupts their communication.

### • Vascular Dementia:

This type of dementia occurs when there's reduced blood flow to the brain, leading to damage and eventually death of brain cells. It's often associated with conditions like high blood pressure, diabetes, and heart disease.

### Other Types of Dementia:

#### • Frontotemporal Dementia:

This type affects the frontal and temporal lobes of the

brain, leading to changes in personality, behavior, and language.

#### • Dementia with Lewy Bodies:

This type is characterised by the presence of Lewy bodies (abnormal protein deposits) in the brain, which can cause problems with thinking, movement, and sleep.

#### • Parkinson's Disease Dementia:

Some people with Parkinson's disease develop dementia as a result of brain damage caused by the disease.

Encouragingly, people with dementia can have active and fulfilling lives for many years after diagnosis and there are medicines to treat the condition, including:

### Acetylcholinesterase inhibitors

These medicines prevent an enzyme from breaking down a substance called acetylcholine in the brain, which helps nerve cells communicate with each other. Donepezil (also known as Aricept), rivastigmine (Exelon) and

## Dementia Action Week

**Venue:**  
Altrincham Town Hall,  
Market Street, Altrincham

**Date:**  
Wednesday 21 May | 10am – 1pm

Come along and find stalls from different organisations supporting carers and those with dementia. And anyone can come to find out more (even if the person hasn't got a diagnosis). There will also be talks and activity sessions to improve brain health.

## Dementia Carers Group

We will be starting a new **Dementia Carers Group** on **19 May**. It will be held at **St Matthews Hall**, and run **every Monday** from **1–3pm**.

galantamine (Reminyl) are used to treat the symptoms of mild to moderate Alzheimer's disease. Donepezil is also used to treat more severe Alzheimer's disease.

There's evidence that these medicines can also help treat dementia with Lewy bodies and Parkinson's disease dementia, as well as those who have a mix of Alzheimer's and vascular dementia.

### Memantine

This medicine (also known as Ebixa, Marixino or Valios) is given to people with moderate or severe Alzheimer's disease, dementia with Lewy bodies and those with a combination of Alzheimer's disease and vascular dementia. It is suitable for those who cannot take or are unable to tolerate acetylcholinesterase inhibitors. It works by blocking the effects of an excessive amount of a chemical in the brain called glutamate.

## Did you KNOW?

Trafford Carers Centre runs a six-week course for those caring for someone with dementia.

The Dementia Resilience Course is held weekly on Monday between 1pm and 3pm and has proved immensely beneficial to the majority of attendees.

Jo, Caseworker and Dementia Project Co-ordinator, has been overwhelmed by the positive response to the course.

"The feedback has been great! All of the participants who have been on the course say they would recommend it to other dementia carers," she reveals.

"We have had so many positive comments; carers can offload, get peer support, feel heard and seen and listened to. Another common theme is the benefit of being with people in a similar situation."

For anyone who qualifies for the course, but worries that there will be no one to look after the person they care for, there is the added incentive of respite funding, which means someone can come along and take over for the duration of each session.

Jo explains what the course is about: "Dementia resilience is there to help carers gain skills and learn how to work with the person with dementia.

"Participants find ways to deal with difficult situations and work with and from the perspective of the person with dementia.

"This is a condition which only gets worse, so the main focus is on being resilient."

Session five of the course is especially helpful on a practical level as it brings in dementia representatives from different organisations who can advise on things like future planning, respite care and benefits.

There are 20 spaces on each course, but to be eligible you have to have a Carers Assessment or a recent review.

• For more information, please contact: **0161 672 5361** or [dementiaproject@traffordcarerscentre.org.uk](mailto:dementiaproject@traffordcarerscentre.org.uk)

## Course Feedback...

"I didn't feel quite as alone as afterwards, and I know where I can get support."

"The respite fund was fantastic and was a great incentive to get other people to help."

"Made me realise I'm doing a good job."



## KEEPING WELL with NURSE BRIDGET



Hi everyone!

This issue of the newsletter, I am focusing on **heart health**, particularly in relation to smoking. We all know smoking is bad for you, but quitting is hard, especially when you rely upon it as a way of taking the stress out of a caring role. So, here I want to try to persuade you why it is worth giving up...

Bridget

Stub  
it out!

Smoking can  
also affect your  
heart and blood  
vessels by:

- increasing your risk of blood clots

### 1. IT'S EXPENSIVE

With a packet of 20 cigarettes creeping up to £20, you need to ask yourself 'can I afford it?'

### 2. HEART HEALTH

The British Heart Foundation states that stopping smoking is one of the most important things you can do for your health.

#### Here are some facts:

- Chemicals in cigarettes make the walls of your arteries sticky. This causes fatty material to stick to the walls, which can begin to clog your arteries and reduce the space for blood to flow properly
- If the arteries that carry blood to your heart get clogged, it can lead to a heart attack
- If the arteries that carry blood to your brain get clogged, it can lead to a stroke

- causing an instant rise to your heart rate
- causing an instant rise to your blood pressure.

(More info: [bhf.org.uk](http://bhf.org.uk))

### 3. LUNG DISEASE

- If you have asthma and smoke, you will need higher doses of steroid preventer medicine to treat the inflammation in your airways.
- If you already have a lung condition, stopping smoking will help you cope with your symptoms and stop your condition getting worse.
- Your friends and family will be healthier. People who breathe in second-hand smoke are at risk of the same diseases as people who smoke.
- Smoking puts your lungs at risk – people who smoke are five times more likely to catch flu and twice as likely to get pneumonia.

(More info: [asthmaandlung.org.uk](http://asthmaandlung.org.uk))

## Smoking cessation

Trafford Carers Centre are offering smoking cessation support to carers and other family members. Trafford Carers Centre has a qualified NCSCT stop smoking practitioner who alongside our in-house nurse, will support this offer. This includes a combination of 1:1 and group behavioural support with the use of nicotine replacement therapy or e-cigarettes to help manage the nicotine cravings.

You will log your own progress with our supportive team who can take carbon monoxide readings as often as you like to help you stay on track.

#### Smoking cessation includes:

- Support tailored to meet your needs and goals.
- Support to link with activities and groups offered by Trafford Carers
- Help in saving money (the average 10-a-day smoker spends around £40 a week on tobacco. That's over £2,000 a year!)

#### Stopping smoking you will...

- Feel fitter and improve your health and wellbeing, in a short space of time.
- Feel more connected to the people and things you enjoy

For more information, please make a call to **0161 848 2400 (option 1)** or make a referral online.

### 4. HIGH CHOLESTEROL

Smoking makes your LDL cholesterol (bad cholesterol) stickier so it clings to the artery walls and clogs them up.

Smoking lowers HDL cholesterol. This is a good kind of cholesterol, which normally takes cholesterol away from the artery walls.

Smoking damages the walls of arteries and cholesterol collects in the damaged areas.

(More info: [heartuk.org.uk](http://heartuk.org.uk))

## YOUNG CARERS

## NEWSLETTER

### YOUNG CARER PROFILE

## Laughter... the best medicine

**L**IKE any 16-year-old, Eva has a life filled with friends, hobbies and schoolwork, but she's also a carer for mum Anita, who has

a medical condition that can see her become unsteady, or even in a state of collapse, without much warning.

Eva explains: "I've been caring for my mum for as long as I can remember, but I've been very fortunate in that my life was generally not impacted by my mum's health condition when I was younger. She has PoTS (Postural Tachycardia Syndrome) which the NHS describes as 'when your heart rate increases very quickly after getting up from sitting or lying down, often making you feel dizzy'."

Not that she feels 'carer' is an entirely accurate word to describe the relationship with her mum, simply because, "it's just stuff you'd expect anyone crack on with."

"Like when mum collapsed or something you just go

get her water and go get her medicines, get a stool nearby to help her up. It wasn't a big deal, just the decent thing to do."

The condition, which Anita has had since she was a teenager, has peaks and troughs in cycles so that when Eva was much younger Anita was not able to drive, which meant getting public transport once she was well enough to go out and about independently again.

"Mum was very good at teaching me stuff. I was made aware of the buses we were taking so I knew how to check the timetables in case she was ever unable to do that, due to brain fog, fatigue or dizzy spells. It was just the logical thing to do and not that big a deal of tasks, but she taught me, and it set me up quite nicely for life to be honest," she laughs.

It was after the Covid pandemic though that Eva most felt the impact of her mum's condition.

She had been used to being with her mum 24/7 and knowing she was OK and suddenly she had to go back to school, leaving her on her own. She found that



transition difficult, so much so that they had to seek help.

"We reached out to Trafford Young Carers Centre for some support," says Eva. "They communicated with school, and I had permission to contact my mum in school hours which helped to reassure me."

Anita and dad Eric stress that they have never put pressure on their daughter to be a carer and say that above all they are a team which supports each other through everything.

"I have never wanted Eva to feel upset or burdened by my illness or the nature of my

• Continued on p8



## YOUNG CARER PROFILE

### • Continued from p7

(often hidden) disability,” says Anita, but I can’t avoid the fact it has an impact on others. The symptoms fluctuate and can be made worse by different triggers, so it’s quite hard to control. Plans often need to change, which can be difficult for a young person, though she has always been very accepting and just adapted to what we can do, rather than focussing on what we can’t, and I am enormously proud of her for this.

“I know as she became a teenager, she started to realise things were sometimes different for us, and worried about me more.”

Above all mum and daughter share a fantastic sense of humour and both agree that making light of the situation can be the best way to cope.

“I’m really proud of the way that she maturely handles these things and sees the positive elements to it,” says Anita.

“But my husband and I have always been really keen not to make her feel the pressure of a caring role, more that we are just family who look out for each other.”

“It means a lot to me that she’s here for me and does those things but equally it’s a worry to me too that she feels worried because that’s the last thing we would want.

“We are glad that the carers centre helped discuss her needs with school all those years ago, and that she receives regular check-ins from the young carers team so that she can talk about her feelings and receive emotional support if she needs it.

## YOUNG CARERS NEWS

# We've been busy!

There's been a lot going on in the past few months with exciting activities and new opportunities to support our young carers. From fun trips to new support sessions, there's been lots happening, writes Young Carers Project Manager **Alexia Bastien**.



During February half-term, a range of fun activities were organised for our young carers to enjoy, giving them a well-deserved break and a chance to connect with others. Our art session continues to be in high demand among our young carers. It is led by an artist who was previously a young adult carer supported by Trafford Carers Centre, which makes it an inspiring experience for everyone involved.

During the session, young carers explored mark-making using dots, inspired by Aboriginal painting styles. We are excited to share that their art artwork was exhibited at John Lewis Café in the Trafford Centre from early April- be sure to check it out! We hope you enjoy their creations as much as they enjoyed making them.

There were also bowling sessions at Atlantic Bowling



for both primary and secondary-age young carers. It was fantastic opportunity for them to have fun and enjoy some friendly competition with their peers.

We took a trip to SEA LIFE, where everyone got to explore the wonders of the ocean, from colourful fish to majestic sea turtles.

A highlight of the trip was the interactive rock pool experience, where young carers had the chance to touch starfish and learn more about marine life up close. It was great opportunity for them to immerse themselves in a new environment and enjoy a day of adventure.



## YOUNG CARERS NEWS

### Other activities...

Our 6-week **Lego Therapy Programme** in partnership with Gorse Hill Studios has now started! This fun and creative programme is designed for primary-age young carers to develop teamwork, communication, and problem-solving skills while building amazing Lego creations together. Through guided activities, young carers are learning to express their feelings in a safe and supportive environment. It's been fantastic to see them engaging, building confidence, and make new friends. We are looking forward to seeing the progress they make over the coming weeks.

**Play Session at The Hideaway** in Partington for ages 5-10 every Monday from 4:30-6pm.

**Youth Innovation Conference** – We also took a group of young carers who are preparing for adulthood, careers and their future to this inspiring event. A great opportunity to learn, connect and explore possibilities.





## Raising awareness in schools

We continue to deliver assemblies in schools to raise awareness about young carers. We help students and staff understand what a young carer is, the challenges young carers face and the support available to them.



By increasing awareness, we hope to ensure more young carers feel seen, supported, and able to access the help they need.

To ensure young carers receive the support they need, many schools in Trafford now have a designated Young Carers School Lead.

We are proud to announce that Wellacre Academy has been successful in achieving the prestigious Young Carers in School Award for its work supporting young carers with their education.

## Meet Niall, our new Young Carers Officer

My name is Niall, and I am the new Young Carers Officer. I was a Young Carer myself and look forward to supporting other carers. I like to watch football and play video games with my friends.



## Meet Orlaith, our student on placement

Orlaith volunteered with Trafford Carers Centre during a week of work experience.

"I liked learning just how helpful they actually are and learning about the support they provide to those in need," says Orlaith.

## Young Carers Forum

Our monthly Young Carers Forum, which gives young carers a space to share their thoughts, experiences, and ideas for future support was also a highlight of the past few months.

Over burgers, fries and a relaxed chat, they discussed what is working well and shared suggestions on how schools and other services can continue to support them.

It was inspiring to see young carers advocating for themselves and each other, and we truly appreciate their input in shaping the support available to them.

This forum remains a vital way for us to listen directly to young carers, and we look forward to working together to put their ideas into action.

If you would like to be part of the Young Carers Forum please contact [alexia.bastien@traffordcarerscentre.org.uk](mailto:alexia.bastien@traffordcarerscentre.org.uk)



## What's coming up soon?

We've got some exciting opportunities and activities planned over the next few months for our young carers!

★ **8-weeks Preparation for Adulthood** from May. Led by Life Coach Nina Kundi. This programme aims to help young carers feel more in control of their choices and create freedom. The skills they will develop together includes socials skills, becoming more independent, staying safe, managing emotional responses, planning for the future and organization skills.

★ **May Half Term Activities** More exciting sessions to look forward to! Keep an eye out for details.

# Fraud & Fuel Advice

Tips on keeping your bills down & tackling the scammers



## Fraud and Fuel Advice Session

We held a Fraud and Fuel Advice session with Age UK Manchester, Scope and Home Instead and we learnt so much. So here is some tips and tricks for those who couldn't be there:

### Fraud advice

- A 'cold call' is a phone call out of the blue from a company or person you've never dealt with before, usually trying to sell you something.
- **Say no.** Ignore the caller if they ask for any personal information. A genuine organisation will never ask for these details over the phone, in an email or in writing.
- They may try to confirm that they are legitimate by telling you to call back. **Be aware scammers can keep your phone line open even if you've hung up.** Use a different phone, call someone you know first to check the line is free or wait up to 10-15 minutes after the call to call again.
- **Avoid links.** If you've received a text or email asking you to follow a link, don't click on it. If you want to check if the link is genuine, call the company.
- **Cut the cold calls.** Join the free telephone preference service. This should cut your cold calls, though it won't necessarily block all scammers. Go to their website, or text 'TPS' and your email address to 85095 to register.

## Fuel Advice

• **Temperature and heating:** The ideal temperature for your home is between 18 and 21 degrees. Turning your heating down by one degree can save you money.

• **Turning down radiators** in rooms you are not using saves around £50 a year.

• **Turning off appliances** at the socket can save you £55 each year.

• **Get on the priority register:** Energy and water companies in England and Wales must make sure that their services are accessible to you. There are many ways they can support you when you're on the **Priority Services Register (PSR)**, including:

1. Providing information in accessible formats
2. Helping you with meter readings and bill payments
3. Letting you know how they'll help when there are planned cuts to supply



## Want to find out more?

Want to find out more about fuel advice? Come into our online **Wellbeing Wednesday** on **21 May** to find out more about how to save on your energy bills with Scope.

Or join the **online group on 23 July (10-11am)** to learn more about Scam Awareness from Age UK Manchester.

Zoom log in details - 92351 6251 80  
Password - aKae87





## Time for Bhangra!

11 June | Limelight

We have teamed up with Bhangrasize Fitness to practice some **sit-down Bhangra exercise**, to get people moving and have some fun while doing it.

*Time* magazine even rated Bhangra (a traditional, vibrant Punjabi folk dance and music style) as the 3rd best full body workout on the planet!

Bhangra is an energetic form of dance and music, often paired with drums. The first hour will be learning and practicing bhagrasize, and then the second hour we will have some nibbles and refreshments.

## Carers' Week

9–15 June

We are gearing up for Carers Week, where we have a lot of activities already organised!

If you are interested in anything you'd like to take part in, please email [devan.storey@traffordcarerscentre.org.uk](mailto:devan.storey@traffordcarerscentre.org.uk) or WhatsApp [+44 7826 983232](tel:+447826983232).



## Carers Quest

Last year, we held the first Carers Quest, and it was a hit! Many of you said they absolutely loved it, so we are bringing it back this year, bigger and better.

This is where you can win prizes of up to £100 when you visit places on the map and collect stamps. It's a great way for you to learn more about the organisations which can help you or your loved one as you're caring.

## RHS Bridgewater

10 June | 10am–12pm

One of our classic groups, but glorious in the summer months. You're able to bring along the person you look after. There are only 15 places available, so make sure you book soon.



*Want to find out more?*

• To find out what else we are planning throughout the week, subscribe to our weekly e-newsletter, which you can do at the bottom of our website.

## Care Package Deliveries

12 June

For those carers, who possibly can't get out as much as they'd like due to their caring role and need a bit of love. We will bring a care package to you during Carers Week! Full of food, and goodies and it's all free.



# Potty about ceramics!

Carers were 'hands on' for some restoration work at Dunham Massey, helping decorate and glaze replica historic vases for display at the stately home

**T**RAFFORD Carers Centre were asked by Dunham Massey if they wanted to get involved in a project called 'THE ORIGIN', to decorate, and glaze replicated historic vases and ceramics which would go on display in Dunham House.

A group of 10 carers volunteered and were given the opportunity to visit the secret exhibition site before they made the ceramics, so they could get a feel of what the artists from the ORIGIN project wanted.

The ORIGIN is an art, light and sound exhibition which will be featured in the main house at Dunham Massey.

Dunham invited different organisations, like Trafford Carers, to collaborate and be part of this project. Some have contributed to the soundscape, and others have contributed to the décor.

The theme of the works is 'bringing nature inside' and carers were asked to decorate the vases with inspiration from nature and tasked to include a particular flower, which only blooms every seven years in their gardens.

One carer, Jenny, said: "Creativity often gets lost in the lives of unpaid carers. Dunham Massey's ceramic painting project was a very welcome relief. It was great

*"Creativity often gets lost in the lives of unpaid carers. Dunham Massey's ceramic painting project was a very welcome relief"*

that they provided access to all, via a minibus. Devan and Jacqui at Trafford Carers worked hard to coordinate everything needed, so many thanks to them - it was a lovely afternoon.

"The Dunham staff present, and the Yellowhammer pottery studio staff were so friendly and supportive, and let us have free rein on our designs, within the interesting constraints of using one shape and three colours. This tied our work together, and linked it to the exhibition, which I can't wait to visit at Dunham!

"Our painted pots will be displayed as an adjunct to work of the professional artists in the Origin exhibition, opening in May 2025.

"Hopefully, we will meet up to visit it!"



Another carer, Faith said, "I really loved our pottery workshop, it was very relaxing and enjoyable.

"The staff at the workshop were very attentive and encouraging to us. Everyone did different designs, and they all looked very good.

It was a very enjoyable afternoon so big thanks to Jacqui and Trafford Carers Centre for inviting us to go."

• You can visit the exhibition, which will be in the house from May-October. If you want to be included in more projects like this, email: [Jacqui.questel@traffordcarerscentre.org.uk](mailto:Jacqui.questel@traffordcarerscentre.org.uk).



# Activities & Groups

If you want to find out more about our activities, or for alternatives happening nearer to you, or on different days, I'd love to help you! All groups are free for our registered carers. Email: [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk)



Dev

## 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

### Singing for Fun

Alternate Mondays

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

13 May – 1-3pm

10 June – 10am-12pm

12 August – 1-3pm

9 September – 10am-12pm

Leigh Road, Worsley, M28 2LJ  
Person you care for is welcome too.  
Wheelchair & scooters available.  
Please contact us before attending for the first time so we know to expect you.

### Walking Group\* (with Mile Shy Club)

11.30am Stretford – Meet at Victoria Park Community Cafe

1pm Sale – Meet at Coppice Library & Wellbeing Centre

## WED WEDNESDAY

### Flower Arranging

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

### Genealogy Group

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

### Toy House Walking Support Group

12.30pm – 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)

### Walking Group\* (with Mile Shy Club)

10am Trafford Centre – Meet at The Great Hall  
1pm Old Trafford – Meet at Limelight, 1 St Brides Way

### Wellbeing Wednesday

10am – 11am (via Zoom)

Meeting ID: 923 5162 5180  
Password: aK Ae87 (Please contact us before attending for the first time, so we know to expect you)

## 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

### Autism Drop-in Service

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

### Stretford Public Hall Carers Group

4th Thursday of the month  
12.30pm – 2pm. Stretford Public Hall, Chester Road, Stretford, M32 0LG

### Meditation

Thursday (7pm arrival for 7.30–8pm.)  
The Hope Centre, Hampden Road, Sale, M33 7UB. (Vouchers available: contact us and we will post one out.)

## FRI FRIDAY

### Book Club

1st & 3rd Friday of the month  
10.30am-12.30pm  
Oakfield Croft Care Home, 1 Oakfield, Sale, M33 6NB

### Craft Group

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

### Walking Groups\*

Sign up at [www.mileshyclub.com/referralformwalking](http://www.mileshyclub.com/referralformwalking) to waive the £2 fee by stating you are registered with us.  
The person you care for is welcome too.

Please register your interest prior to attending our groups and clubs, so we can keep you informed of any changes: [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk) or call 0161 848 2400.  
You can also join our social media pages: Facebook / Instagram / X (Twitter): [traffordcarers](https://www.facebook.com/traffordcarers).

# Carers' Self-review

## SELF-REVIEW FORM

Name:

Contact number:

Address:

Date:

As carers we tend to forget ourselves and any health issues we may have, but from time to time we need to check in and make sure we are doing okay too. With that in mind, we are asking you to fill in this Carers Self Review Form which you can post back to us at our usual address : Trafford Carers, Springfield House, 9 Springfield Rd, Sale, M33 7XS.

How are you? Has anything changed since we were last in contact with you?

Are you currently receiving any support from family/friends/services? What support do they offer?

How is your own health? Are you stressed, depressed, or anxious? Are you receiving any treatment /on any medications?

Are you able to have a break? Social life?

Can you leave the person you care for and for how long? Typically how many hours of care does the person you care for need a day?

Are you managing okay financially? Do you have savings or receive any benefits? Please contact Trafford Welfare Rights for help on 0161 912 2735 (Mon –Thurs 9.30am to 12.30pm).

Do you have any other responsibilities? i.e. Children, work, in education?

Has your caring role affected your relationship with the person you care for or others?

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

YES NO

☐ I give consent for the above information to be uploaded on to my file, in-line with Trafford Carers Centre privacy policy.





# USEFUL NUMBERS

## A quick guide

### 42nd Street

e: [theteam@42ndstreet.org.uk](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: 01274 760720

### 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 3030

### 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.parkinsonsociety.org.uk](http://www.parkinsonsociety.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=m9xIpV\\_FGOs](https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=m9xIpV_FGOs)

### Trafford Psychological Therapies Referrals

[www.gmmh.nhs.uk/tpt/](http://www.gmmh.nhs.uk/tpt/)  
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)

