



SPECIAL REPORT
**Looking after your
mental health**

After care
We will still be
here for you

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**Zoom into
Zoom!**



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: Elise Awcock

Dear Carers,



I am writing this as the Covid pandemic continues to create enormous uncertainty in our lives but hopefully, by the time our newsletter reaches you, normal service will be quickly resumed and we can do all those things we used to take for granted a couple of years ago. It will certainly have been a very long haul for us all when we eventually get back to near normal and there is little doubt that few of us will have been unaffected by these strange times.

Caring brings with it its own challenges – even without a global pandemic on the scene and that can have an effect on your mental and physical health, which is why we can't emphasise enough the importance of looking after yourself.

Mental health is a high priority as looking after others can be extraordinarily stressful. This month, we are focusing on mental health (**pages 4–5**) as I understand that many carers can suffer from a range of conditions, including depression and anxiety, so don't feel you are alone. There's help out there and you have every right to access it. Even if you feel a little bit down and angsty, it doesn't matter. Please talk to someone. The way you feel is important and you need to take time for yourself to explore ways of dealing with your mental and emotional wellbeing. Our counselling service is there for you, so please don't hesitate to contact us.

Also, by the time you read this newsletter, we will be in the middle of the move into our new home, across the road at Springfield House, 9 Springfield Rd, Sale, M33 7XS (**see page 13**). While we love the building, which is a fully accessible hub for workers and carers, we don't think the name reflects exactly what we do, so we are asking for your help to rename it! We are also calling for suggestions on how we can make this year's Carers Week, from June 7–13, relevant to you. So why not get involved as we start planning our activities? (**see page 13**).

Finally, you'll find the self-review form at the back of this newsletter (**page 15**). The form has been designed to make you step back and consider your own health and needs, to ensure you get all the support you need, so it would be great if you could fill it in and get it back to us.

Michelle

Michelle Grogan, Chief Executive, Trafford Carers

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

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GETINTOUCH

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CARER'S STORY

“It really does help talking to people and to know you are not by yourself.”

“It was just a nightmare. I felt shocked, alone and sad. And I had to cope with all this even though I was under the hospital myself with ulcerative colitis and basal cell carcinoma.”

It was Mrs S's daughter who got in touch with Trafford Carers after she became worried about her mum. She went on the Trafford Carers website and completed an online referral.

“I received a call from a girl called Rachel who had the softest voice. I've never felt more tranquil talking to someone,” says Mrs S.

“She got me on to Wellbeing Wednesdays with Rebecca White and I was also put into contact with a lovely guy called Adam who rang me weekly for eight weeks. He was lovely to talk to and process things and I can't thank them enough.”

“I've met so many people in those classes,” she continues.

“I love being with people and we share everything in these online sessions. We also met and had a little get together in Urmston and I met some of the girls I'd been in contact with online.

“It really does help talking to people and to know you are not by yourself. I think there must be lots of people out there who are crying out for help.

“I just want to let others know there is help out there. You've just got to reach out for it.”

‘Help is out there’

CARING wife Mrs S found herself unable to cope when her 90-year-old husband's dementia worsened and she felt she had no one to turn to.

The couple had returned to the UK two years ago after more than two decades living in Spain just at the moment the UK went into lockdown at the start of the Covid 19 pandemic.

They had moved into a new home in Altrincham when Mr S was diagnosed with a condition called diverticulitis.

“The week after the doctor sent him to go to Trafford General for a scan as he was in a lot of pain,” recalls 80-year-old Mrs S.

“Our daughter took him but couldn't go in with him. Half an hour later we got a call saying he wasn't there. But my daughter asked them if they realised he had some dementia. She went back to the hospital and they eventually found him sitting on a chair clutching a piece of paper.

“He was diagnosed with diverticulitis and came home with antibiotics, but for a week he was in terrible pain. In that week he had an appointment at Wythenshawe Hospital where they gave him a scan and kept him in and at midnight he had an operation, where they found out he had bowel cancer and a hernia.”

“When he got home all he did was sleep and he was doubly incontinent.” Mrs S reveals.

Caring for your MENTAL HEALTH

B **EING** a carer is a good thing to do, so “why” you might ask yourself “do I feel so awful?”

When you care for someone you probably put yourself way down the pecking order when it comes to looking after your own wellbeing - and you are certainly not alone.

Statistics derived from 5,000 carers across the UK revealed that 84% feel more stressed, 78% feel more anxious and 55% reported that they suffered from depression as a result of their caring role, while 38% of young carers also had mental health problems.

Supporting someone else can take its toll on your mental health for a number of reasons. As a carer you may find your situation difficult and upsetting. Even if you want to take care of a loved one you may find it hard to switch off. You might worry about what’s going to happen in the future and not everyone we care for appreciates what we do.

Problems arise when you continue to feel stress and worry, as this can cause mental health problems. This can manifest itself in different ways. The most common are:

Anxiety

Many carers feel anxious about the person they care for but when these feelings become overwhelming they can affect the way you live.

Loneliness

Looking after someone can result in feelings of being cut off from normal life. You might have had to give up work to become a carer, or not be able to go out with friends as you used to.

Social isolation can lead to depression, so don’t suffer on your own. We offer a wide variety of activities and groups for carers – all of which are free.

Money problems

Extra care, medical costs, transport to hospital appointments, there’s no end to the strain caring for someone can place on your finances. We have a dedicated Benefits and Wellbeing Advisor to support our registered carers with their finances. Call our helpline to find out more.

Inability to sleep

Worry and stress can cause insomnia.

Guilt, frustration and anger

Let’s face it, nobody’s a saint so even if you dearly love the person you care for you may sometimes feel resentful that you’ve had to give up so much for them. This could make you angry at them and in turn make you feel guilty. Again placing you under stress.

Low self esteem

You might lose confidence in your abilities to do anything other than support someone else and feel that you’ve lost part of yourself as a result.

Less time for yourself

You probably have less time to look after yourself, for example to be physically active, eat healthy food and relax. You may feel as though your health doesn’t take priority, or you don’t have time to get the help you need. Our Carers’ nurse, Rebecca, can book you in for a Health Review – just call our helpline to book your slot.

Depression

You may find yourself feeling extremely low at times when you are caring for someone and this could be depression. Coping strategies such as drinking too much, taking drugs, eating too much or too little can all have an impact on your mental health. You could even feel suicidal.

Your mental health is important which is why we urge you to contact us if you are affected in any way. There are some other ways we may be able to support you to improve your mental health in the orange box on **page 5**. You don’t have to suffer in silence.

My Big Bad Mood...

My mum struggled with her emotional wellbeing all her life. Mum was fairly erratic emotionally which impacted on me, I showed nervous ticks, made noises and developed learning issues.

I was a 'sensitive child' which made me aware of others' moods and I adapted my behaviour accordingly. As I grew up I had times when my emotional wellbeing or My Big Bad Mood or anger was an issue for me. Now I would suggest I am a well-educated professional person who manages a work and family life balance BUT who can also become overwhelmed by fatigue with trying to cope with everything without screaming into a pillow or shouting obscenities in my garden at the birds. All of which I have done lately to the amusement of my neighbours.

I have developed a pragmatic view of emotional well being issues in that I fully accept that I will be affected by times of low mood in my life. I recognize I could be affected by environmental factors, personal circumstances, relationships, employment status, weather and which side of the bed I got out of in the morning. I can and do enjoy feeling sorry for myself however I only allow myself a short period of this naval gazing before I look for a solution or a way out of the problem.

I have taken a long time to understand that sometimes I am not in control of everything in my life and I actually have come to



enjoy or manage the feeling of going with the flow. I generally feel that life will work out and that whilst bad things or times can happen this is usually followed by something good or easier times to balance one another out. My attitude is that I am not entitled to an easy life if one such exists, rather that I make what I want of my life by putting the effort in and reaping the benefits, whether they be small, medium or large.

My answer is that I always look to have some fun in a day, to have a laugh or to be cheeky to make the day go quicker, to smile, to laugh and sometimes cry. Life is short and I intend to enjoy it with lots of little and big adventures whilst putting two fingers up to My Big Bad Mood.”

• **Simon is our Business Development Manager**



CONNECT with us

Do you think you'd benefit from counselling?

Counselling is one way we can help you when your mental health is suffering and we offer sessions to fit in with your schedule. You can opt for face-to-face counselling as well as that done by zoom or phone. If you want to see someone in person, the rooms we have available are at venues across the Trafford borough.

A mix of students and qualified counsellors are on board to deliver person centred psychotherapy and cognitive behavioural therapy.

If you wish to know more contact Andrea Fawcett, Health and Wellbeing Manager, at the email below:
andrea.fawcett@traffordcarerscentre.org.uk

Befriend someone

If you are feeling lonely, isolated or just need someone to talk to, why not get in touch about our befriender service?

We are also looking for people to become volunteer befrienders, people who can commit to making regular calls to carers.

For more information about making calls **contact Angela on 0161 848 2400.**

Volunteer...

We are also looking for enthusiastic volunteers for our charity shop in Stretford. Re love and care. We can help you build up your skills, meet new people for a few hours a week.

Contact Angela 0161 848 2400.



KEEPING WELL with NURSE REBECCA

Hi everyone!



I hope you all have a lovely Easter, a time of celebration, a time to enjoy a long weekend and so often a time associated with eating a lot of chocolate! With the traditions of hot cross buns, Easter biscuits and chocolate Easter eggs, it can be a particularly challenging time of year to have treats in moderation.

Aiming to increase your activity levels can help. Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke.

Regular exercise has been proven to:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep
- It strengthens your heart.
- It increases energy levels.
- It lowers blood pressure.
- It improves muscle tone and strength.
- It strengthens and builds bones.
- It helps reduce body fat.

www.nhs.uk/live-well/exercise/



Rebecca

'HOW ARE YOU' QUIZ

I would urge everyone to make use of the NHS's 'How Are You?' quiz. Whilst not a medical assessment, after answering a few simple questions, you will be provided with a free personalised health score and lots of ideas and web links to utilise to improve your health. The quiz can be accessed by searching 'NHS How are you? Quiz' in your search bar or go to:

www.nhs.uk/better-health/how-are-you-quiz/



FOCUS ON...

OVARIAN CANCER

March is Ovarian Cancer awareness month

Although it is one of the most common types of cancer in women, the outcome is a lot less positive than that for breast cancer. However caught early and the chances of survival are excellent.

The bare fact is that when a woman is diagnosed at the earliest stage, her chance of surviving ovarian cancer for five years or more doubles from just 46 per cent to more than 90 per cent.

Common symptoms of ovarian cancer include:

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating
- needing to pee more often than usual

The symptoms are not always easy to recognise because they're similar to those of some more common conditions, such as irritable bowel syndrome, so it is vitally important that if you suffer any symptoms, have a history of ovarian cancer in the family or are just worried, talk to your GP.

For more information, please go to:

www.nhs.uk/conditions/ovarian-cancer/



KEEP CONNECTED

Why not come along to our 'Wellbeing Wednesday' Zoom Session, where we connect with other carers whilst discussing aspects of the FIVE areas to wellbeing. Details to access Wellbeing Wednesday are as follows:

Meeting ID: 923 5162 5180
Password: aKAe87



PHOTO: National Cancer Institute: unsplash.com



YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE

Young Carers makes me feel I'm not alone..

YOUNG carer Cameron will do anything he can to help his mum take care of his older brothers who are both wheelchair-bound.

To the 12-year-old Broadoak pupil, life with his family is all he's ever known, so the complex healthcare needs of his two brothers are all part of his daily routine.

The one thing that gets him down is the attitude of other people.

"It's when people look and stare he can get quite upset about that," says mum Amanda.

"He's a loving boy who will do anything to help me and his older brothers. He'll talk with them, play with them, do things for them that they can't do themselves.

"He'll also support me. He'll do the washing up, the tidying up, he'll do the ironing, empty the bins and sometimes do the washing. Anything he can do to help.

"He'll even try to keep his room tidy. Now that can be a bit of a challenge!"

It's not all work and no play. He'll spend time on the Xbox with his brothers and share his love of playing guitar and he'll go to see his beloved Manchester City in action with one of his brothers.

"I'm so proud of him," says Amanda.

"We don't ask him to do any of these things. He'll just say 'Can I do this?' I don't want him to feel anything is forced on him."

Cameron began taking part in Trafford Young Carers four years ago, around the time he began to support the family every way he could and he loves joining in all the activities that are on offer.

"I've been kayaking and horse riding, to Treetops at the Trafford Centre, Jump Nation and done outward bound at Grip Adventure," he enthuses.

"When I meet up with other children I find out that they have brothers and sisters who have



worse problems than we have. Being part of Trafford Young Carers makes me feel that I am not alone and I can do things with Trafford Young Carers that I can't do with my brothers."

AMANDA adds: "Cameron can be extremely caring. For example, when we are all going out he'll ask if it's wheelchair friendly.

"It's sad that he has to think like that but we can't be spontaneous when we go out. We have to think of our boys' needs."



Buzzing About Trafford!



By Devan Storey
Digital Inclusions Officer

Trafford Carers Centre is working with social media enterprise Yellow Jigsaw to support carers of all ages to create a “news team” called the Lightening Bee Reporters and to share their views, interests and experiences through a range of media - including photography, interviews and video.

The Young Carers have already got stuck in by having a go in the mini studio, working with green screens, reporter microphones and practicing filming too.

The Lightening Bees will be buzzing throughout Trafford to report on their own interests and passions like football, parkour, climate change and sustainability.

It is important to hear about these topics from their point of view, because younger people’s opinions are not often heard



within the media. It is also beneficial because it will engage younger people in world affairs and hopefully increase their confidence.

We have had so much fun and we are only getting started. If you

are interested in getting involved in either the adult Lightening Bees or younger Lightening Bees then please get in touch at:

devan.storey@traffordcarerscentre.org.uk



Getting to Grips with adventure

Following a successful four week trial of youth club type sessions run at Grip Adventures base in Sale we have decided to continue with the sessions on a fortnightly basis.

The Primary school-aged sessions run on Wednesday from 5pm to 6.30pm and the secondary school-aged sessions run on a Monday from 6pm to 7.30pm. On offer at the sessions is bar football, table tennis, soft archery, arts and crafts, board games, bouldering and karaoke. Our older Young Carers commented on how much they enjoyed the opportunity of just meeting up with their friends and just chilling out.





Night at the Theatre

By Shay Garry

Eight Young Carers and three parents joined me at the Lowry Theatre to watch the very moving performance of the play Who Cares - the story of three Young Carers and their experiences in their caring role.

The content of the play was hugely influenced by the input from actual Young Carers from Salford and it explores the pressures and worries experienced by Young Carers on a daily basis.

The moving drama was written about four years ago and toured the country, including a performance in the Houses of Parliament.

It was great to see the parents joining their Young Carers on a night out away from their caring role and they admitted it gave them more of an insight into the life of a Young Carer.

One parent shared that it was great to have some quality time with her daughter and that she has now scheduled time to spend especially with her.



Enjoying the great outdoors

During the October Half Term Holidays we ran four exciting outdoor activities (to minimise covid spread).

Glenn and his team at Grip Adventure supported our Young Carers once again by running a bushcraft activity during which 13 Young Carers built shelters and cooked up hot dog sausages amongst other things.

The team also ran a kayaking activity for 12 of our Young Carers some of whom were complete novices.

It was a real pleasure to see so many Young Carers away from their computers, phones and games consoles and enjoying the fresh air.

As we are aware that often our younger Young Carers can miss out on activities, we decided to run two Simply Cycling activities which are usually popular with the younger ages and 13 Young Carers joined in.



THANK YOU!

A huge thanks to Sarah Reilly from the Garrick Theatre, Altrincham who provided us with 35 free tickets to their Pantomime Peter Pan on Thursday 9th December.



Body Shop jobs for the Girls!



CONGRATULATIONS

to Isabella Minshaw, Krishma Aoara Kaur and Amy-Lee Slack all of whom secured part-time seasonal positions at the new Body Shop store in the Trafford Centre, **writes Shay.**

It's a credit to the Body Shop that they had the foresight to see that the experience and maturity that Young Carers gain because of their caring role would be valuable to an employer.

So the Body Shop decided to give our Young Adult Carers priority when looking to fill their positions. We contacted our Young Adult Carers to gauge interest and 13 put their names in the hat. Following an

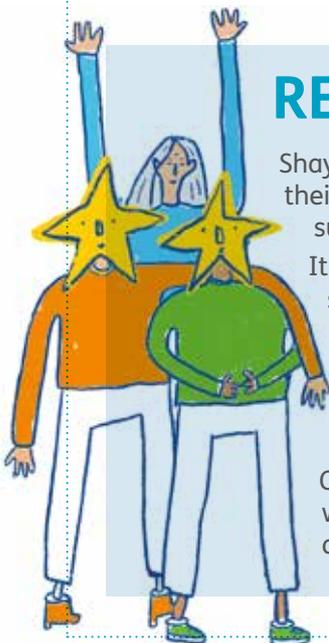


interview, the positions were filled by Izzy, Krishma and Amy-Lee.

Our involvement didn't however end there as store manager Toni Moore asked us if we would officially open the new store for them! So early one Saturday morning I took the girls down to the Trafford Centre. It was a great opportunity for Krishma and

Amy-Lee to meet each other (as they would be working on the same shift) but also they were then able to meet their new colleagues prior to starting their first shift two days later.

Toni wanted the girls to perform the official opening and cut the ribbon but nerves got the better of them and so I was left to do the honours!



RESET for mental health challenges

Shay and Karen were amongst those taking part in RESET21 which unites young people, their families, professionals and service providers to raise awareness of local help and support available for young people and their mental health challenges across Trafford.

It was an opportunity for local organisations such as Trafford Carers to find out about services, projects, support, referral processes and more.

Said Shay: "The event was organised by the fantastic Emma Lenihan from Calm Connections. We were also able to meet and connect with other services in Trafford providing Mental Health Support for Young People, and there were also presentations from organisations supporting young people.

On a lighter note, entertainment was provided by young people from Gorse Hill Studios who performed rap and sang. There was also a lot of wonderful artwork on display along with poems that were written by some of our talented Young Carers."

More than 100,000 women are thought to have been underpaid their state pension and could be due a payout – with the average amount being just under £9,000.

Married women who hit state pension age before April 2016, including widows, divorcees and the over-80s (whether married or not) should check if they're owed. This is because while some affected women will get an automatic payment, not all those who qualify will.

Here, **KERRIE HICKMAN**, our in-house Welfare & Benefits Advisor, guides you through who may be affected, and which groups still need to claim.



Are you owed a state-pension payout?

SEVERAL different groups of women should check their state pension entitlement as they may have been underpaid, for a variety of reasons. This year alone, the Government has repaid more than £60 million in underpayments. It's worth noting, though, this guide only applies to women who reached state pension age before April 2016. If you got your state pension afterwards, you're on the new state pension system and none of this applies.

This guide will go through the groups of women likely to have been underpaid – there's some overlap though, so they're not mutually exclusive and it's possible you could fall into more than one category.

Plus it will list which groups should take urgent action – we've split it into two main parts:

1. Those who need to pick up the phone and make a claim. These groups won't automatically get their pensions topped up.

You should check if you're:

- A woman who got divorced AFTER retiring and who hasn't got their pension reassessed.

- A woman whose husband turned 65 before 17 March 2008 and who is being paid less than 60% of their husband's basic state pension.
- A married woman who's on ZERO basic state pension, but might be getting a small amount of additional state pension, also known as SERPS, or graduated retirement benefit.

2. Those who should receive their top-ups automatically. The Government is currently reviewing pension records to find those who should have received an automatic uplift in their pension, but didn't. This includes you if you're:

- A woman whose husband turned 65 on or after 17 March 2008 and who is being

paid less than 60% of their husband's basic state pension.

- A widow whose husband died after April 2008 and who was being paid less than 60% of his state pension while he was still alive.
- A widow whose state pension did not increase when their husband died.
- Someone who's 80+ and isn't being paid at least £82.45 a week in state pension.

The Government is prioritising those over 80 and those who have been widowed. But if any of the situations above apply to you, you will be contacted by the Department for Work and Pensions over the next few months if you're due a pension boost.

ZOOM into zoom!

Zoom has been an excellent way to connect us with other people throughout the pandemic. Observing social distancing rules, many groups are choosing to meet virtually, including ours at Trafford Carers Centre.



What is Zoom?

Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone).

How to use it

First, download Zoom, the free version is called **“Zoom Cloud Meetings.”**

On an iPhone or iPad: Go to the Apple App Store and search for “ZOOM Cloud Meetings.” Click “Get” to download and install the Zoom app.

For all other devices you download apps from the Google Play Store and the logo looks like this.



Search for the word Zoom in your store and a few options will come up. You need to select the Zoom cloud meetings option.

You can also google “zoom” and use their website, instead of downloading an app.

Make sure you select “Zoom.us”

What happens next?

The “Zoom Host” will send you a link, normally via email. This is the link to access the call. The link will look something like this: <https://zoom.us/j/99473238003?pwd=c0xCMWVtQkxOU2FOaEJBaVhpQXQwQT09>

They will also send you a Meeting ID which will look something like this:

Meeting ID: 994 7323 8113

And a meeting Password which will look something like this:

Password: 8befyX

- If you have downloaded the app and have email then you can click on the link and it will automatically take you to the call.
- If you don't have email then you can go onto the app or website,

press “Join a Call” and enter the meeting ID and password.

- The next screen will ask if you want to join with video - this will allow you to see others in the session and for them to see you, this can be turned on and off during the session if you wish.
- You will then be asked if you want to join with audio. This will allow you to hear others in the session and for them to hear you, again this can be turned on and off during the session if you wish.

You should now have gained access to your session.

- If you are on a smartphone or iPad, it may ask you to join with video, but not audio. When you are on the zoom session, at the bottom right hand corner there will be an old microphone symbol with a red line through it. Tap on that and a white box will appear saying “WIFI or cellular.” This is to connect to either WIFI or 3G.
- If you're in a large meeting, make sure your microphone is muted. Your computer microphone is pretty sensitive, and if you're



PHOTOS: Good Faces / Unsplash.com

unmuted, it can pick up a lot of background noise. The mute button, which looks like a microphone, is in the bottom left corner of the Zoom screen. If the microphone has a red line through it, you're muted, and no one in the meeting can hear you.

Top Tip - if you struggle to hold or control the mouse on your laptop you can hold down the spacebar to unmute yourself.

- If the microphone has a red line through it, you are muted
- Click/tap the button again to unmute yourself if you want to talk in the meeting.
- If the microphone has no red line through it, you can be heard in the meeting

If you cannot see these symbols at the bottom, tap or click on the screen to make them appear.

Leaving the meeting

Click "Leave Meeting" on the bottom right corner to quit the meeting.

Key updates for ethnic diverse support

Trafford Carers is committed to providing a service for carers from any background and having appointed Shamiya Nazir, as their Diverse Communities Engagement Officer in 2021, there is now a plan in place to improve ethnic diverse support.

Last November saw the successful completion of a BAME Carers Feedback Forum at Blue Sci, 54-56 Seymour Grove Old Trafford Manchester, while the Trafford Carers Centre's tri-leaflet will be translated into Bengali, Hindi and Urdu. There was also expanded networking with organisations serving diverse communities.

Shamiya welcomes any input into this support and carers, diverse social groups or organisations are welcome to contact her at shamiya.nazir@traffordcarerscentre.org.uk, and/or text, phone, or WhatsApp at **07443 262947**.

CARERSNEWS

Rename our new home

The Carers Centre is on the move at the start of 2022 into a new location at the following address: **Springfield House, 9 Springfield Rd, Sale, M33 7XS.**

It'll be our new hub for workers with a large downstairs accessible area for carers to access activities and other services.

At the moment, the building is named "Springfield House" but we'd like to give it a new name more in keeping with what we do.

So we are calling on you to help. We would love to hear your ideas about how we can re-name the building in a more meaningful way. You can send us your suggestions to: info@traffordcarerscentre.org.uk



PHOTOS: Nathan Anderson / Unsplash.com

Carers week

Carers Week is an annual campaign that takes place in early June to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. We'll be running activities and events for the week, so if you're registered with us and would like to get involved with planning or running these events or would like to make suggestions about information that is sent out on our social media, please ring our helpline on **0161 848 8400** or email us at info@traffordcarerscentre.org.uk

Life after CARING



WHEN you've been caring for someone for a long time, your role doesn't just end when they pass away or move into a residential setting.

OK, you might feel you have more time to yourself and an opportunity to do all those things you haven't been able to do for some time but in reality it's hard to lose the feeling that something is missing.

Caring for someone is so full on that when it ends you may find you don't know where to head next. You may feel exhausted and unwell and you may have to deal with the loss of someone you love deeply.

At Trafford Carers Centre we understand that as a former carer you may need a lot of support and we are here to help

rebuild the social, emotional, and practical aspects of your life.

We have a number of support groups you can access. These include:

- End of life support
- Bereavement support group
- Support into employment
- Continuation of help - i.e. if you are currently receiving, or waiting to receive, services from Trafford Carers Centre, these will not cease once your caring role has ended. Former carers will access the same services but the focus or outcome of that support may alter to something to help you to move forward
- Services can be accessed for up to 24 months after your caring role comes to an end, but even then, your case can be reviewed if you need further help.

Why not VOLUNTEER?

If you are a former carer who is at a loose end, is feeling isolated, or just wants to get out and about to meet people, we have a number of volunteer roles you might like to consider.

We are looking for people to become volunteer befrienders, people who can commit to making regular calls to carers.

We are also looking for enthusiastic volunteers for our charity shop in Stretford. Re Love and Care

Not only can you give us much-needed help you can also build up your skills and meet new people for a few hours a week. If you are interested then please get in touch with Angela on 0161 848 2400 who will be able to explain things further.



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.

Trafford Carers Centre, as an independent charity relies on donations to help provide support to carers across Trafford such as counselling, therapies, workshops and activities for young and adult carers.

DONATION FORM

If you would like to make a donation and you are eligible to Gift Aid your donation please fill in your details below and return to:
Trafford Carers Centre, Springfield House, 9 Springfield Rd, Sale, M33 7XS

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Charity Gift Aid Declaration

Boost your donation by 25p of Gift Aid for every £1 you donate Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

I want to Gift Aid my donation £5 £10 £20 Other and any donations I make in the future or have made in the past 4 years to: **TRAFFORD CARERS CENTRE**

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Name (Mr / Mrs / Miss /Ms)

Address

Postcode

Email

Please notify the Trafford Carers Centre if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Registered Charity Number 1102075 | Company Limited by Guarantee Number 4695523

