



Hands up!
Volunteering and why it matters

Meet Bridget
Why our new nurse is loving her role

Hot footing it
Our charity firewalk challenge



IN THIS ISSUE



p8
What our Young Carers did next



p12
Say hi to our new Benefits Advisor



p13
Get crafty!



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,



As an organisation we rely heavily on others for support, whether it's fundraising, or practical help, which brings me to the role of our volunteers.

Our volunteers are incredibly important to us, and we appreciate all the time and effort they bring to their role.

We, of course, understand that not every carer is in a position to devote time to helping others but if they do, they may find they are not only giving much needed assistance to someone else, but they can also boost their own self confidence and wellbeing.

In this issue, we have a special report about what it means to be a volunteer with Trafford Carers Centre and also look forward to **Volunteers' Week** from June 3-9, when there will be a number of celebrations to mark the week's 40th anniversary (P4-5).

As you will see from the report, our volunteers do all kinds of things. Some can spare only an hour or so a week to chat to another carer over the phone, while others, such as those who run our craft group (P13), devote a little more time to their role.

But whether you volunteer or not, I feel it is really important to show our appreciation for our volunteers and to ensure that they know just how much they are valued as we'll be making Volunteers' Week an important date on our calendar.

In this issue, we are also saying a very warm welcome to Bridget who takes over as our in-house nurse. Bridget tells us what she is looking forward to in her new role (meeting all of you naturally!) and gives us a little insight into what makes her tick (P6).

Finally, I'd like to wish you all a great start to the summer. I know that as carers, the seasons can often blur into one, but to experience the lighter nights, the sunshine (when it bothers to appear) and the warmth on our bones, is something I, for one, am not taking for granted!

Michelle

Michelle Grogan,
Chief Executive, Trafford Carers Centre

CONTENTS

About Us	2
Carer Profile	3
Special Report: Volunteering Week	4-5
Meet Nurse Bridget	6
Young Carers News	7-10
News & Updates	11
Fire Walk Fundraiser	12
Getting crafty: Meet the Craft Group	13
Activities & Groups	14
Self-Review Form	15
Cut Out & Keep: Useful Numbers/Carers Quick Guide	16

GETINTOUCH

www.traffordcarerscentre.org.uk
Tel: 0161 848 2400
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:
Bruno Nascimento/
Unsplash.com

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

Carer mum Sophie Slate is on a mission to make exercise available for all kids

SOPHIE Slate is a carer on a mission to make sure that children with additional needs are not overlooked when it comes to fitness. When she is not looking after her daughters 14-year-old Alexi – who has hearing impairment, autism and ADHD – and nine-year-old Leila, who is on the pathway for Autism, she is breaking down barriers and encouraging inclusivity with IQ Warriors, a gym-based activity programme tailored to give all youngsters the chance to engage in physical exercise.

Sophie knows just how it feels to be excluded from activities which able-bodied children enjoy as she has been a lifelong wheelchair user who was forever being judged on her disability in spite of her passion for fitness.

“I have had spastic paraplegia,” explains Sophie. “When I was born, I had neuroblastoma on my spine which crushed my nerves so primarily I use a wheelchair.

“Growing up, there wasn't anything aimed at me; it was all for able-bodied kids and nothing was ever adapted, so as a result I never felt included or seen.

“There were times my mum would book me on a holiday camp; you'd do the first day and they'd say, 'she can't come back as she's a health and safety risk' – and all I was doing was the same as the other kids!”

Last year, Sophie approached Stuart Niven, director of IQ Fitness where she was a member, to ask about setting up classes for children with additional needs and IQ Warriors has just grown from there.

“Growing up, there wasn't anything aimed at me; it was all for able-bodied kids and nothing was ever adapted, so as a result, I never felt included or seen.”



CARER'S STORY

Exercise Warrior!

“Basically, any child with any kind of additional needs is welcome here,” says Sophie, who is assisted by Stuart (also a personal trainer), IQ director and personal trainer Ben Hodgkinson and personal trainer Paul Cambray.

“It's the chance for them to feel included, to bring down those barriers and help them with their communication, fitness and mental health. For example, we have one child who was self-harming and now he's been six months harm-free, solely from coming to the gym.

“The way these kids come in is totally different to how they will

leave. We have kids who need a bit more support and have a one to one, but normally they'll be split into little groups. We have every exercise you can think of and we change it up every session.” Sophie admits regular exercise

has really helped her cope with the stress of being a carer for her two girls.

“As a carer the gym is what keeps me going,” she explains.

“I train five to seven times a week; it's so good for your mental health as well as the physical side of things and it just becomes part of your social life as well.

“Looking after two children with complex needs is hard work. They are both totally different. Lexi has quite loud, violent meltdowns whereas Leila completely shuts down and can't talk or move or anything, but we cope in our own way.

“And I wouldn't change anything for the world.”

MORE INFO
If you are interested in joining the IQ Warriors you can contact IQ Fitness at: iqfitness.co.uk

Lindsay's befriending
story...

LINDSAY ROTHAM became a volunteer befriender for Trafford Carers Centre over three years ago after she moved to Manchester from Bedford.

She says: "My first role was a befriending role in Autumn 2020. A year later Angela, (TCC Volunteer Co-ordinator) needed somebody to help out doing administration at head office working with one of the members of staff with office jobs.

"I help support Sue with the emergency cards that carers can apply for – a little card they carry around so that if anything happens to them, they know their cared for will be contacted. I usually do three to four hours a week in head office, but it's not every week. You do what

you are able." Lindsay also speaks weekly to three carers and about bi-weekly to three others in her role as befriender.

"You can take on as many hours as you want," she explains.

"A lot of volunteers have other jobs, but I've done more because I have the time to do it. It's very flexible and carers themselves are flexible too."

Lindsay had already worked as a volunteer in a hospital in Bedford, but even so, it took a little bit of getting used to supporting people over the phone rather than in person.



It's such a valuable experience and it is not just a one-way thing as I really enjoy speaking to the carers as well.



But Lindsay acknowledges that working remotely was essential through the pandemic and befriending provided a valuable lifeline for carers who were even more isolated than usual.

Supporting carers has become something that Lindsay looks forward to and she wouldn't hesitate to recommend doing it for several reasons.

"I suppose you really do feel like you're making a difference

and actually having an impact on someone's week," she reflects.

"And the carers really, really value your call and will tell you it has been really helpful. They say they are glad to speak to you and that they feel so much better as a result. It's such a valuable experience and it is not just a one-way thing as I really enjoy speaking to them as well.

"I've had some difficult conversations at times, and you often think, 'how did I manage that?' but you do as it's often someone I have built up a rapport with anyway.

"I've spoken to one carer who had terminal cancer (and who sadly passed away), bereaved carers and carers looking after a child with complex mental health need.

"It's not always easy but somehow you both get through it and I suppose because you are really helping them, you find some strength from somewhere to deal with all the emotion.

"And I always get the chance to talk to Angela so I know that back up is there."



Volunteering

in your services!

This year's Volunteers' Week is from June 3–9, which will be a big celebration as it will be the 40th year anniversary.

Throughout the country to mark the occasion, many organisations will celebrate by putting on open days, online and in-person activities.

To say a big thank you, we will be celebrating with an afternoon tea, and you'll hear from the volunteers themselves, who will be sharing some of their stories.

Watch this space!

Have you thought about volunteering with us?

For anyone who would like to volunteer, it is essential that they understand unpaid carers, are empathetic and have a non-judgemental attitude. We find out what you are interested in and try to match you with a suitable volunteering role within our charity as well as working around your caring role so you can give as little as one hour a week.

All the volunteers apply via our application form, which is found on our website. We ask all volunteers for references and also a DBS check, if needed. Training is

provided and you will receive our full support while you volunteer with us.

Volunteering will help you develop your interpersonal skills, make new friends, help with mental and physical health, as well as boosting your confidence and self esteem and giving back to our community.

What could you get involved in?

Our carers would not be supported without our amazing volunteers as they are so valuable to our charity.

We have befrienders, who give emotional support to the carers who are isolated and have no-one to talk to. A friendly chat once a week can really make a



MEET our new nurse BRIDGET...



Originally from Ashford in Kent, Nurse Bridget moved to Sheffield when she was two-and-a-half-years-old and now lives in Bolton with her partner Richard, and has two grown up sons. Bridget became a nurse in 1980 and for the past 15 years, has worked as a Parkinsons specialist nurse.

"I was working with patients with long-term, complex conditions and was lucky that I got to do a lot of home visits and discovered that it wasn't just about the person with the condition, but their family and those who cared for them, too.

"That gave me a big insight into the role of a carer. It was through one of my patients and his wife who live in Altrincham that I found out about Trafford Carers Centre - it was a real eye opener.

"The things I am really looking forward to in my new role include

being part of a team, going out to meet the groups and encouraging people to come for their medical checks. In this way, I am hoping I can make a difference to them because that to me has always been my ethos. To make a positive difference; I am very passionate about that.

I'm a bit old school when it comes to nursing. I'm always open to new ideas but the core of everything is always looking after people and trying to make lives better."

"I live with my partner Richard, and we are getting married in May, but it will be a very tiny little ceremony.

"Together we love going out to visit gardens and places of interest, especially if they have a very good café - and we

really like RHS Bridgewater and love our holidays to Greece.

A lot of the time we are there, we spend time feeding all the stray cats. We connect with the local rescues and play our part whilst we are away.

But it's not a chore because a lot of the time is feeding and playing with cats on the beach!"

DID YOU know...

Regular exercise can reduce the risk of developing heart disease, stroke, type 2 diabetes, dementia, arthritis and musculoskeletal (MSK) conditions, some respiratory diseases, such as asthma, and some cancers.



For more information, visit:

www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/be-active-for-your-mental-health/

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/what-is-mindfulness/

Other benefits of exercise for mental health include:

- Boosting our self-esteem and confidence
- Increasing motivation and focus
- Reducing tension, anxiety, stress and mental fatigue
- Helping to calm the mind, especially when dealing with difficult emotions like anger, frustration and sadness
- Reducing loneliness by offering new ways to get together with family and friends and meet new people

Save the date

Mental Health Awareness Week

MAY 13-19

The theme of this year's Mental Health Awareness week as set by the Mental Health Foundation is "Movement: moving for our mental health."

It's a scientific fact that regular physical activity and exercise can make us healthier and happier.

When we're active, the body releases feel-good hormones that can improve our mood and boost our energy.

YOUNG CARERS

NEWSLETTER

YOUNG CARER PROFILE

Lifeline for Lopy

PENELOPE 'Lopy' Brown, aged 10, is the caring sister of autistic eight-year-old Ava, doing everything she can to make life

that little bit brighter for her family. Mum, Gemma, is justifiably proud of Lopy, who helps to regulate her sister's emotions, calming her when she is agitated and distressed.

"Lopy is particularly helpful when Ava is experiencing stimming, which are body gestures autistic people do to regulate their emotions.

"They are very close; even though they share a room and have bunk beds, nine times out of 10, they end up in the same bed." she says.

"There are times, as in any sibling relationship, when they don't get along, but we are so pleased how close they are."

Not only does Lopy provide her sister with invaluable support, she is also overcoming her own problems with anxiety, exacerbated by a series of

events at home and school. Fortunately, Lopy found a lifeline in Trafford Young Carers, which Gemma heard about from SENDCO at her daughter's school.

"It was important to us she felt included in any decision we made about a referral," explains Gemma. "So we showed her the TYC website and some of the activities on offer. Within days, Lopy attended her first session at Grip Adventure and absolutely loved it. Lopy seemed to be flourishing at these sessions and being around young people in a situation similar to herself.

"Unfortunately, we had a combination of events in her home and school life that led to Lopy experiencing some anxiety. I spoke to the wonderful Alexia at TYC who wanted to help us. It was during one of these 'check in' sessions that Alexia mentioned Equine Therapy and how it may support Lopy manage her anxiety. Alexia helped us complete the application form for funding and supported us emotionally during the process.



Luckily, the funding application was approved, and Lopy started her Equine Therapy sessions with Julie. These sessions, alongside the weekly fun activities at Grip Adventure, have led to a growing confidence in Lopy that is incredible to see.

"She will soon be attending one of the many sessions TYC provide during school holidays. Trafford Young Carers has been a phenomenal source of support for Lopy, and for us as a family too, because there's always someone available to help when needed. TYC is a valuable resource and one that I've been so thankful for in the last 12 months."

"I don't think Lopy realises just how much support she offers her sister. All she knows is that she gets to go to the Young Carers for a bit of 'Lopy time'."



> Shay Gary gives us the lowdown on everything our Young Carers have been doing in recent months <

Action stations

Our young carers get creative for this year's Young Carers Action Day



March 13 was Young Carers Action Day, and for 2024, the theme was 'Fair Futures' for young carers, focusing on why caring should not be a barrier to learning, earning or being able to get on in life. However, for many, it is.

To raise awareness of this important theme, we contacted all of our Young Carers Leads in schools and forwarded them resources provided by the Carers Trust, including posters and template letters to send to MPs and other professionals working with young people.

We also spoke with our young carers at one of our Grip Adventure youth club sessions and Charlotte, Lacie-Mae, Lily and Paige all completed a brainstorming exercise highlighting: "Things about caring that might impact my further education and employment."

For six of our creative young carers, the event also included a three-day Art Project facilitated by our partners at the Lowry. They designed their own collages, which were posted on social media on Young Carers Action Day. They will then be mounted in glass display cabinets outside the main theatre at the Lowry, which has a footfall of 1,700 people for every show. So, well done you guys, you can now say your work is now on display at the Lowry!



Half Term Activities

During the February Half Term our activity offer consisted of a three-day art project (see *Young Carers Action Day article*, left), Simply Cycling at Longford Park, a gardening session at the RHS Bridgewater site and two ten pin bowling sessions. In all, 56 places were taken by our young carers.



Bowled over by crown green!



A huge thank you goes out to Julie, Ian, Carol, Margot and Joyce from Sale Ladies Bowling League who gave their time and braved the awful weather to give our young carers a bowls coaching session at Brooklands Bowling Club.

It was a great opportunity for the young carers, parents and

myself to enjoy an activity we may well never have experienced otherwise.

The session was really well received with some young carers insisting on playing on through the rain. And what a great way to finish the session with a hot cup of tea and chocolate biscuits!

Plans are afoot to run another session for both young and adult carers on Sunday, June 16, to celebrate the end of Carers Week.

If you are interested, please give me a call on 07985 288 294 or email me at shay.garry@traffordcarerscentre.org.uk



A taste of Adventure

Thanks to our partnership with Grip Adventure, seven of our Young Carers were able to benefit from a two-night residential activity course at the very scenic Ghyll Head Activity Centre based on the banks of Lake Windermere.

Activities included canoeing on the lake, gorge walking and for the daring, a zip wire challenge. The Young carers had a fantastic time, made new friends and came back "buzzing" but also exhausted!



Knife Crime Awareness Session

We are all too aware of the regular reports of knife crimes that often affect young people these days and so, with this in mind, we invited Alex and Keeley – two PCOs with Greater Manchester Police – along to one of our secondary aged Grip Adventure youth club sessions to deliver a knife crime awareness raising session. The session highlighted the consequences of carrying a knife and being involved with others that carry knives. To their credit, the group were very respectful towards Alex and Keeley and really engaged in the discussions that took place.

Firing up our fundraising

Trafford Carers Centre's first ever Charity Fire and Zen night proved a hot favourite raising more than £6,000!

HOLY SMOKE... what a great turn out we had for our Fire and Zen Night Fundraiser! So far, we have just raised over £6,000 for Trafford Carers Centre, but donations are still rolling in!

We want to thank Jacksons Boat for allowing us to use their venue and be able to walk on fire on their lawn! Their support truly made the evening unforgettable.

We also would like to thank Quirky Misfits Maria, who volunteered her time to help coordinate the event, Firewalk UK, Tarynstarot, Mary's Sound Bath and Scarlet the Astrologer for supporting our event. We would also like to give a huge thank you to those who came on the night, despite the pouring rain, and to those who donated! We are so grateful for your ongoing support in helping us care for the unpaid carers in Trafford.

Together, we're making a tangible impact on the lives of those who selflessly care for others, and we couldn't be more grateful for your ongoing support. Thank you for helping us continue our vital work in caring for carers in Trafford.



Mayor of Trafford, Councillor Dolores O'Sullivan, (above) came along to support us – and braved the hot coals!



Say Hi to Lucy...



Find out more about our new Benefits Advisor

Hi, I'm Lucy, and I'm happy to announce that I'm the new Benefits Advisor for Trafford Carers Centre. I've worked closely with members of the team for many years as I'm also a carer and live in a complex needs household.

Having navigated the benefits system for many years in different capacities, I have a wealth of knowledge and experience of the complexities and challenges associated with claiming and maintaining benefits.

Additionally, I'm aware of the ramifications of changing awards and claims in respect to an ever-changing, and sometimes confusing, benefits system. I know first-hand that this can be an arduous and time-consuming process for many carers who already have many other elements of care to consider.

The benefits claim processes can be an emotionally challenging endeavour, as well as logistical tasking. My aim is to provide carers with the tools, knowledge, vocabulary and understanding to enable them to feel confident, informed and supported along the way when making or maintaining benefits claims.

Providing support and advice for a thorough assessment of benefits entitlement is essential for carers, and empowering carers to have the skills and opportunity to make educated decisions about changes in their circumstances that may impact their financial situations is a necessity too.

I will be providing bespoke advice to the carers community within Trafford in a multitude of ways to suit diverse needs and look forward to working with you.

Lucy

CARERS' Week

10-16 JUNE

Join us for Carers' Week, which runs from June 10-16!

This year's theme – *Putting Carers on the Map* – aims to spotlight the invaluable role of carers. We will be running a treasure hunt called *The Carers Quest*, which we're collaborating with various organisations in Trafford to host free activities and drop-ins to raise awareness of caring and supporting your loved one. With each activity a carer takes part in, they'll earn points, and the person with the most points wins a prize! Additionally, we will be asking businesses to offer discounts to carers during the week, so don't miss out on *The Carers Quest*! Request your Carers Quest Booklet now!

Also, don't miss our carers' picnic at Dunham Massey. For anyone unable to leave home, don't worry, you won't miss out – we'll also be delivering afternoon teas.

If you would like to get involved, please email info@traffordcarerscentre.org.uk or call 0161 848 2400.

RIP our friend, Walter

It's a little unusual that we write an obituary within our newsletter, but we would like to acknowledge the death of one of our most active members within Trafford Carers Centre, Walter. He was down to earth, quick witted and shared stories of his incredible life. Walter, you will be missed. Rest in Peace.



Yoga returns

If you want some gentle exercise, or something to help you relax, why not take part in our online gentle, mindful yoga classes? They are **every Friday from 10am** on Zoom and everyone is welcome. Contact Claire at gentlemindfullyoga@gmail.com

Wellbeing Wednesdays

Our programme of advice sessions and workshops continues throughout May and June with subjects including how direct payments work (May 8), Healthwatch (June 12) and Age UK Trafford's session on gaining a better understanding about memory loss. Join the group every Wednesday, online.

Zoom details:

Meeting ID: 923 5162 5180
Password: aKAe87

Fancy a walk?

Walking is great for both body and mind, but you don't have to step out alone if you don't want to. Mile Shy Walks take carers on a relaxing one-mile walk either Tuesdays or Wednesdays meeting at the locations listed below – all for free.

- **Tuesdays | 1pm**
Coppice Library & Wellbeing Centre
- **Tuesdays | 11:30am**
Victoria Park, Stretford
- **Wednesdays | 1pm**
Limelight, Old Trafford Carers
- **Wednesdays | 10:30am**
The Trafford Centre's Great Hall

For more information visit: www.mileshyclub.com/



Gwen and Phyllis started crafting classes 15 years ago, became great friends and are ready to welcome new recruits

WHEN Gwen Robertson joined a crafting class more than 12 years ago, little did she realise it would also be the

start of a beautiful friendship with fellow crafter, Phyllis Reilly.

Nor has their love of crafts waned over the years, in fact the pair are now the driving force behind **Trafford Carers' weekly craft sessions**, held every Friday morning at Urmston Library.

It all started when Gwen's husband, who has now sadly passed away, was working nights. A friend asked if she'd like to attend a craft session and she agreed to go along.

"My daughter was getting married, so I thought I'd make some invitation cards for her," she explains. "I created a few designs and thankfully she chose the simplest one! Then, I started making cards for birthdays and other occasions. It was when I became a carer for my auntie that Trafford Carers Centre asked me to join the craft club and I have been going ever since."

It was there she met Phyllis and as well as becoming good friends, they also began to run the club together when it moved to Sale.

"We make cards, using a die-cutting machine, or techniques like stamping and decoupage," says Gwen. "Some of the cards which

I make, I send to friends and family, and others I sell for charity."

Over the years, there have been several changes of venue for the sessions and like many Trafford Carer clubs, things were put on hold during the Covid pandemic, but the pair's enthusiasm for crafting has remained undimmed.

It's not just about the crafts. I have experience with dementia, while my husband died of cancer and Phyllis's husband of heart disease, so people can talk about anything they want.

One day, Gwen was at a knitting club at Urmston library, and thought how it would make a great venue for the craft group, too.

Not only is it a welcoming space, but is also suitable for those, like Phyllis, who have mobility problems. Now they are hoping to welcome crafters of all abilities to their group.

"I asked if it were possible to hold a craft club there and they said yes, so that's how we started last year," she explains.

"It's going OK – there are four of us who come regularly, but we need some more people."

Anyone who fancies joining the group for their crafting sessions need not worry about having no experience – or materials.

Says Gwen: "I take a lot of stuff, Phyllis also takes hers, and you can bring your own if you want to. We've got cards, jewellery, embroidery, and a die-cutting machine (although it's not a very good one, so we are hoping someone might be able to donate one to us). We are there to instruct people, so you really don't need any experience.

"And it's not just about the crafts. I have experience with dementia, while my husband died of cancer and Phyllis's husband of heart disease, so people can talk about anything they want. If they want to get something off their chest they can, but they don't have to, it's up to them."

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



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
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

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

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

Carer Drop-in
1pm – 3pm, The Hub, Pownall Road, Altrincham, WA14 2SZ

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
1pm – 3pm
The Toy House, 91 Irlam Rd, Urmston, M41 6DU
(Call 0161 746 8185, or email: 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: aKAe87 (* Please contact us before attending for the first time, so we know to expect you)

Walking Groups**
Sign up at www.mileshyclub.com/referralformwalking to waive the £2 fee by stating you are registered with us. The person you care for is welcome too.

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'll post one out to you.

THU THURSDAY

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

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

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

Gentle Mindful Yoga (via Zoom)
10am-11am
May 17 & 24 | June 14 & 28
July 12 & 19 | NO classes in August
Contact info@traffordcarerscentre.org.uk for more info.

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

Carers' Self-review

Name: Contact number:

Address: Date:

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

How are you? Has anything changed since we were last in contact with you?	
Are you currently receiving any support from family/friends/services? What support do they offer?	
How is your own health? Are you stressed, depressed, or anxious? Are you receiving any treatment /on any medications?	
Are you able to have a break? Social life?	
Can you leave the person you care for and for how long? Typically how many hours of care does the person you care for need a day?	
Are you managing okay financially? Do you have savings or receive any benefits? Please contact Trafford Welfare Rights for help on 0161 912 2735 (Mon -Thurs 9.30am to 12.30pm).	
Do you have any other responsibilities? i.e. Children, work, in education?	
Has your caring role affected your relationship with the person you care for or others?	

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

YES NO
 I give consent for the above information to be uploaded on to my file, in-line with Trafford Carers Centre privacy policy.



USEFUL NUMBERS

A quick guide

42nd Street

e: theteam@42ndstreet.org.uk
(Referrals made using online form)

Advocacy Focus

www.advocacyfocus.org.uk
t: 0300 323 0965

Adult Social Services Screening Team

(Assessments for someone you care for)
t: 0161 912 5199

Age UK

www.ageuktrafford.org.uk
t: 0161 746 7000 or 9754
e: admin@ageuktrafford.org.uk

Alzheimer's Society

www.alzheimers.org.uk
t: 0333 150 3456

Blue Sci

www.bluesci.org.uk
t: Partington Library: 0161 775 1912
Coppice Library: 0161 912 3560
Broomwood: 0161 980 0720
Old Trafford Wellbeing Centre: 0161 877 3719

CAP (Christians Against Poverty)

www.capuk.org
t: 01274760720

Calm Connections

www.calmconnections.org

CAMHS

t: 0161 549 6456
- YoungMinds Textline: 85258
- Parents Helpline/Webchat on website

Care Agencies (Trafford)

www.trafford.gov.uk/residents/adults-and-older-people/Direct-Payments/Care-and-support-related-services.aspx

CBT (Cognitive Behavioural Therapy)

www.gmmh.nhs.uk/tpt/
t: 0161 357 1350

Citizens Advice Trafford

www.citizensadvice.org.uk
0300 330 9073

Childline | t: 0800 1111

Community Hubs

www.mycommunity.org.uk/what-are-community-hubs
t: 0300 330 9073

Cyril Flint Befrienders

www.cyrilflint.org
t: 01619429465

Dementia Crisis Team

www.gmmh.nhs.uk/trafford-dementia-crisis-and-prevention-team-dcpt/
t: 0161 748 4022

Direct Payments

www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/direct-payments
t: 02073784999

Early Help Teams (Trafford - Stretford)

www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=1p_ltUbhv1A
t: 01619125020

Early Break / Holding Families

www.earlybreak.co.uk
t: 01617233880

Engage Trafford - Salford Foundation

t: 0161 787 8500
e: enquiries@salfordfoundation.org.uk

Family Information Service

www.trafforddirectory.co.uk
t: 0161 912 1053

Healthwatch Trafford

www.healthwatchtrafford.co.uk
t: 0300 999 0303

HOST (Housing Options Service Trafford)

www.hostuk.org/index.php/about-host/
t: 01684 562577

Indian Senior Citizen Centre

www.iscc-manchester.co.uk
t: 0161 232 0999

Kooth

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

LGBT Foundation

www.lgbt.foundation
t: 0345 330 30 30

Male Domestic Abuse Service

www.mensadvice.org.uk
t: 0808 8010327

Macmillan Wellbeing Centre

www.macmillancentretrafford.org
t: 0161 746 2080

MIND | t: 0300 123 3393

NHS - Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters/
(Get in touch through website)

One Stop Resource Centre (OT equipment)

www.trafford.gov.uk/residents/housing/housing-adaptations/one-stop-resource-centre.aspx
t: 0345 2990798

Out of Hours Emergency Duty Team

t: 0161 912 2020

Pakistani Resource Centre

<https://pakistaniresource.org.uk>
t: 0161 445 0633

Papyrus

t: 0800 068 4141 / 07860 039 967
e: pat@papyrus-uk.org

Parkinson's Society

www.parkinsons.org.uk
t: 0808 800 0303 / 0344 225 3738

Personal Budgets

www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/personal-budgets/

Rainbow Reflections

e: youthgroups@theproudtrust.org
t: 0161 660 3347

Refuge Services | t: 07845 443 840

Ring & Ride (Transport for GM)

t: 0161 200 6011

Safe & Well Checks (GM Fire and Rescue)

www.manchesterfire.gov.uk/contact-us/
t: 0800 555 815

School SENCO

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

Self Help Services

www.selfhelpservices.org.uk
t: 0161 226 3871

SENDIASS

<https://sendiass.trafford.gov.uk/Home.aspx>
t: 0161 912 3150

Sleep Clinic (Sleep Tight Trafford)

www.togethertrust.org.uk/sleep-tight-trafford
t: 0161 286 4201

Social Prescribers (Trafford)

www.england.nhs.uk/personalisedcare/social-prescribing/
e: england.socialprescribing@england.nhs.net

Stroke Association (Trafford)

t: 0161 962 5854

Talk Shop

t: 0161 912 2453
e: talkshop@trafford.gov.uk

The Bread and Butter Thing

www.breadandbutterthing.org
t: 03300945373

The Counselling and Family Centre

www.thecfc.org.uk
t: 0161 941 7754

Together Dementia

www.togetherdementiasupport.org
t: 0161 226 7186

Trafford Adult Social Services

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=beghzow1L3E>
t: 0161 912 5199

Trafford Assist

<https://www.trafford.gov.uk/residents/benefits-and-council-tax/benefits/trafford-assist.aspx>

Trafford District Nurses

t: 0300 323 0303

Trafford Domestic Abuse Services (TDAS)

t: 0161 872 7368

Trafford Just Psychology (emotional wellbeing support for 5-12 year olds)

www.justpsychology.co.uk
t: 0161 262 1622

Trafford Parents Forum

https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=m9xIpV_FGOs

Trafford Psychological Therapies Referrals

www.gmmh.nhs.uk/tp/
t: 0161 357 1350

Trafford Welfare Rights / Benefits Advice

www.welfarerights.net/home.php
t: 0161 912 2735

Trafford Youth Engagement

e: talkshop@trafford.gov.uk
t: 0161 912 2453

Turn 2 Us

www.turn2us.org.uk

