

Autumn/Winter Edition 2026

carers'
HUB

YOUNG
carers'
HUB

Newsletter

Rochdale



Welcome
to the **28th**

**Carers' Hub
Rochdale
Newsletter**

n|compass
towards a brighter future



ROCHDALE
BOROUGH COUNCIL



Greater Manchester

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Welcome to the Autumn/Winter 2026, 28th Edition of the Carers' Hub Rochdale Newsletter.

Welcome to all unpaid carers. Carers' Hub Rochdale is here for you, offering information, advice, guidance and support whenever you need it. We are delighted to share this newsletter with you, filled with a wonderful range of activities designed to offer you a well-deserved break from your caring role. Whether you are joining us for the first time or returning to familiar faces, you will always receive a warm welcome. We hope these sessions give you time to relax, connect with others, try something new and feel supported as part of our caring community.

What a fabulous first quarter we have had as our new All Age Carers Service gets underway. Since April, carers have enjoyed Cooking Sessions, Beekeeping, Egyptian Dancing, Coffee and Chats, Gentle Strolls and Lunches, and Fitness with Frank and many more wonderful activities. Our Carers Week celebration was a brilliant day too thank you to everyone who joined us and made it so special. Caring can be deeply fulfilling, but also challenging, and we want you to know how valued you are. You are amazing. We hope this newsletter gives you plenty to look forward to, with more superb sessions, activities and chances to connect.

Look out for our Carers Rights Day event in November. We would love you to join us for a workshop, connect with others and share your ideas for Carers' Hub Rochdale. This service is shaped around you, and your feedback helps us make it even better.

It has been fantastic to see our new Young Carers Transitions Group, for ages 16–25, get off to such a positive start. This group has already enjoyed a trip to the cinema, meet-ups at Heywood Civic Centre and Spotland Community Centre, with time to socialise, share ideas and plan future activities. If you are an unpaid young adult carer aged 16-17, and would like to get involved, please contact us using the details on page 3.

You will be made very welcome.

With warmest regards,

Deana Riley
Service Manager

Please do take a moment to join our Facebook Group:
<http://www.facebook.com/groups/2516078581760510>,
this is where we post any additional sessions or updates.



Your Information, Your Voice



How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

- All calls are recorded for training and monitoring purposes.
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk.
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services.

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use and protect your personal data, and your rights under the law.
- Our Complaints Policy outlines how to raise a concern and what you can expect from us.
- You can read both policies on our website www.n-compass.org.uk

Contact Us Today



Opening Times:
Monday to Friday 9.00am to 5.00pm



Telephone: 01706 392060



General Email: enquiries@rochdalecarers.co.uk



Address: FREEPOST The Carers' Hub Rochdale



Rochdale Adult Carers



Website: www.carershubrochdale.org.uk



**SCAN
ME**

What Our Service Offers

Carers' Hub Rochdale

The Carers' Hub Rochdale provides a single point of access for both young and adult carers who provide care to a family member, friend or neighbour living in Rochdale. The Hub ensures that carers of all ages have access to information, advice and a wide range of support services across the borough and nationally.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.



Who is a carer?

A carer is someone who provides unpaid care, for a few hours a day or round the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems or substance misuse.

Caring for someone covers lots of different things like helping with their washing, dressing, eating, taking them to regular appointments or offering emotional support. Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful over time.

Do you relate to any of the below? If so, we may be able to help you:

- Do you get enough sleep?
- Is your health and wellbeing affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for adult carers?

As a registered carer support available includes:

- Specialist 1-2-1 and group support
- A dedicated support worker
- Information and support to take a break from a caring role including a volunteer led sitting in service and My Time Voucher Scheme
- Information, advice and guidance on a range of carer-related matters
- Local Carers Coffee and Chat Groups
- Peer support
- Access to a range of digital/online resources and activities
- Access to online support including our Carers Community Network
- Support to access community, health and wellbeing services
- Statutory Carers Assessments

Carers Community Network Platform*

This is a virtual community where you can meet other carers and share ideas and experiences. We currently have over 2,100 active members who are looking forward to connecting with you! It only takes a minute to sign up.



**Carers
Community
Network**

***Please be aware, that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on 01706 392060 who will be happy to support you with this. You will just need to provide them with your name and email address.**

Facebook

Please look at “like” and “follow” our Facebook page by logging into Facebook and searching for Carers’ Hub Rochdale by following the link: <https://www.facebook.com/carershbrochdale1> To get up to date information on our activities, events and other useful information, please join our private group for carers <https://www.facebook.com/groups/2516078581760510>



Carers’ Hub Rochdale has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you!

Please call **0345 0138208** or email volunteering@n-compass.org.uk



Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and The Post Office! If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email volunteering@n-compass.org.uk



What We've Been Up To

Between May and August 2026,
we have enjoyed lots of wonderful sessions with carers.

New carers are always made very welcome!



Carers Week Truffle Making Session

"Absolutely brilliant. I didn't know truffles were so easy to make. I will definitely make more at home."



Carers Week Special Event 2026

"Lovely atmosphere, people and food. Thank you for making carers feel valued and appreciated. Great singer!"

Beekeeping Experience

"I found it fascinating!"



DIY Session at Hopwood Hall College

"I am so impressed with myself, I can't believe I have put up a shelf!"



Carers' Coffee and Chats for 2026

Come and meet other carers whilst enjoying a cuppa! These sessions are an opportunity to meet and chat with other carers, speak to a Carers Information and Support Officer (CISO), and take a well-earned break from your caring role whilst enjoying a free tea or coffee.

There is no need to book a place on our Coffee & Chats!



Building on the success of our Co-production Networks, we're setting up a small working group alongside our Participation & Engagement Team. This group will help shape future wrap around support, activities, and training sessions for carers.

We'd really value your voice. If you would like to share your thoughts or join the working group, please get in touch at events@rochdalecarers.co.uk or call us on **01706 392060**. Your insight will play a key part in shaping what comes next for carers across Rochdale.



Coffee and Chats for carers from ethnic communities

10am - 11.30am

Thursday 10th September

Thursday 24th September

Thursday 8th October

Thursday 22nd October

Thursday 5th November

Thursday 19th November

Thursday 3rd December

Thursday 10th December

Castlemere Community Centre, Tweedale
Street, Rochdale, OL11 1HH

Please drop in to these friendly Coffee and Chat sessions for carers from ethnic communities. Meet other carers and gain support. You will be made very welcome.



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. This symbol highlights the events where you can bring the person you care for, if you wish to do so.

Coffee and Chats 2026

Free to attend, no need to book, just turn up and you will receive a warm welcome!

Venue	Middleton MIND Wellbeing Hub	Sandon House Community Centre	The Courtyard	Hare Hill House	The Willows 
	14a-16 Wood Street, Middleton, M24 5TF	Taylor Street, Heywood, OL10 1EF	(formerly Yates') 10 Fleece Street, Rochdale, OL16 1LY	Hare Hill Road, Littleborough, OL15 9HE	(Dementia Friendly – for carers and cared-for) Broad Lane, Rochdale, OL16 4PP
Time	10.00am - 11.30am	10.00am - 12.00pm	10.00am - 12.00pm	1.00pm - 2.30pm	10.00am - 11.30am
Date	Mon 7th Sept	Tues 8th Sept	Wed 9th Sept	Thurs 10th Sept	Fri 11th Sept
	Mon 21st Sept	Tues 22nd Sept	Wed 23rd Sept	Thurs 24th Sept	Fri 25th Sept
	Mon 5th Oct	Tues 6th Oct	Wed 7th Oct	Thurs 8th Oct	Fri 9th Oct
	Mon 19th Oct	Tues 20th Oct	Wed 21st Oct	Thurs 22nd Oct	Fri 23rd Oct
	Mon 2nd Nov	Tues 3rd Nov	Wed 4th Nov	Thurs 5th Nov	Fri 6th Nov
	Mon 16th Nov	Tues 17th Nov	Wed 18th Nov	Thurs 19th Nov	Fri 20th Nov
	Mon 30th Nov	Tues 1st Dec	Wed 2nd Dec	Thurs 3rd Dec	Fri 4th Dec
	Mon 14th Dec	Tues 15th Dec	Wed 16th Dec	Thurs 10th Dec 	Fri 18th Dec
	No Coffee and Chat	No Coffee and Chat	Wed 23rd Dec	No Coffee and Chat	No Coffee and Chat
	Mon 4th Jan 2027	Tues 5th Jan 2027	Wed 6th Jan 2027	Thurs 7th Jan 2027	Fri 8th Jan 2027
 - Please Note Date Due To Staff Training					

Adult Carers' Special Events



Welcome to our latest carers' activity programme. We have lots of activities running across the next four months to help you take a break from your caring role - including our regular Coffee & Chats, plenty of skills and wellbeing sessions and other lovely events including walks, lunches, pamper and crafts - and all of them are **free to attend! We just ask that you book on to events as places can be limited.**



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. This symbol highlights the events where you can bring the person you care for, if you wish to do so.

Look out for our activities that have been recommended by carers!



Important Booking Information

Please feel free to express an interest in as many events as you would like to attend, ideally via email, or by phone. Please let us know if you have a favourite event and we will try our best!

We work through the events a month at a time. You will be contacted about a month before each activity to let you know if you have a space. We use this booking system because carers may receive the newsletter at different times (for example, carers that are new to the service may pick up a newsletter part way through a series of events).

You must book onto our one-off events because most activities have limited places, they must be booked in advance so we can order any tickets or food (if applicable). **Please also let us know if you are unable to attend an event you are booked on to**, as soon as you can, our events are very popular and often have a waiting list. We can then offer your place to another carer to attend. When expressing an interest in an event, please let us know if you have any allergies/dietary restrictions or relevant medical conditions you feel we should be aware of.

All activities and events are for unpaid carers registered with Carers' Hub Rochdale. To register, please use the details on p.3.

To express and interest in an event:

Email: events@rochdalecarers.co.uk

or Call: 01706 392060

Our special events are for registered carers



Pain Management Information Session

Monday 7th September 1.15pm - 2.15pm

Castleton Community Centre, Room 2,
Manchester Road, Castleton, Rochdale,
OL11 3AF

To express an interest in attending this free event, please email:

events@rochdalecarers.co.uk

or call: 01706 392060

Please see Important Booking Information on page 10.

Book a space and join this informative session, led by the Wellbeing and Supportive Care Staff Nurses from Springhill Hospice. This session will focus on what pain is, the effects of pain on our emotions, people who can help, myth busting around painkillers, alternative treatments and practical advice. Refreshments provided.

Male Carers' Breakfast

Tuesday 8th September 10.00am - 11.30am

Tuesday 6th October 10.00am - 11.30am

Tuesday 3rd November 10.00am - 11.30am

Tuesday 1st December 10.00am - 11.30am

Tuesday 5th January 2027 10.00am - 11.30am

Mill About, Spotland Bridge Mill,
Bridgefold Road, Rochdale, OL11 5BU

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Enjoy a delicious, hearty breakfast at Mill About café. There will be the opportunity to meet and chat with other male carers. New carers always made very welcome. Book your place now!



Online Craft Session with Erica

Monday 14th September 1.00pm - 2.30pm

On Zoom

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Book a space and join in with this fabulous online craft session with Erica, from Creative Health and Wellbeing. Erica will guide you through the steps to make a beautiful craft. Everything you need for the session will be delivered to your home. This session may be useful for carers that find it difficult to leave the house, due to their caring role.

Carer Welcome Session

Tuesday 15th September 10.30am - 11.30am

Lighthouse Project, Middleton Shopping Centre,
Limetrees Road, Manchester, M24 4EL

Carer Welcome Session (Online)

Thursday 17th September 6.30pm - 7.30pm

On Zoom

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.



This session is designed for those new to Carers' Hub Rochdale. Delivered by Carers' Hub Rochdale staff, this is the perfect session for any new carers (recently registered with Carers' Hub Rochdale) who would like some guidance or information about our service, to navigate your caring journey. Please book a space, you will be made most welcome. Refreshments provided.

Caring Minds Session

(for carers supporting someone with a diagnosed mental health condition)

Wednesday 16th September 10.00am - 12.00pm

(Living Well to attend to support health and wellbeing, also learn about Carers' Hub Rochdale Co-production Groups)

Wednesday 18th November 10.00am - 12.00pm

(Alzheimer's UK professional to attend)

Castleton Community Centre, (Room 2),
Manchester Road, Castleton, Rochdale OL11 3AF

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.



In collaboration with the Community Mental Health Teams in Pennine Care, this group provides both peer and professional support, to carers who care for someone with a diagnosed mental health condition. This group provides an opportunity to meet other carers, gain support from the Community Mental Health Team, Carers Hub Rochdale staff, and other professionals invited to the group. New carers are very welcome. Refreshments provided.



Alzheimer's Awareness Session

Thursday 17th September 1.00pm - 2.15pm

St George's Hall, Bury Road and Oakenrod Hill,
Rochdale, OL11 4EB

To express an interest in attending

this free event, please email:

events@rochdalecarers.co.uk

or call: 01706 392060

Please see Important Booking Information
on page 10.

Meet Angie from Alzheimer's UK at this informative session. Angie will be on hand to give carers more information about Alzheimer's disease, and to answer any questions you may have around caring for someone with dementia. Angie will give carers more information about the CrISP course (Carer Information and Support Programme), which provides carers with practical information they can use when coping with living with dementia day-to-day. This will be a useful session for all carers. Refreshments provided.

Book Club

Friday 18th September 10.00am - 11.30am

Friday 16th October 10.00am - 11.30am

Friday 20th November 10.00am - 11.30am

Friday 18th December 10.00am - 11.30am

Heywood Library, (Community Room), Lance Corporal Stephen Shaw M C Way,
Heywood OL10 1LL



To express an interest in attending this free event, please email:

events@rochdalecarers.co.uk or call: 01706 392060

Please see Important Booking Information on page 10.

Why not book a space and join our friendly Book Club? Come and discuss the latest book (you will be given the book to borrow for free). Enjoy a tea or coffee and the chance to talk about your favourite books. New carers always welcome.

Aromatherapy Workshop

Monday 21st September 1.00pm - 2.30pm

Castlemere Community Centre,
Tweedale Street, Rochdale, OL11 1HH

To express an interest in attending this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information on page 10.



Book a space and learn about a range of essential oils, and how they can be used to support wellbeing. Michelle from the Hygge Hub, will show you how to blend an oil to use for a relaxing hand or arm massage. This will be a wonderful session. Refreshments provided.

Walk in Alkrington Woods and Coffee and a Croissant

(Activity recommended by a carer)



Tuesday 22nd September 1.00pm - 2.45pm

Meet outside Peacocks shop, (Ground Floor),
Middleton Shopping Centre, Middleton,
M24 4EL

To express an interest in attending this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information on page 10.

We are very lucky to have been shown these beautiful woods by one of our wonderful carers, Sue. Sue will help Carers' Hub Rochdale staff to guide the group as we take a tranquil walk through Alkrington Woods. The walk will take about an hour to complete; there are a few benches on the route. **Please note that this is a challenging walk on uneven woodland paths.** After the walk, we will return to Middleton Shopping Centre for a well-earned coffee and a croissant. Toilet facilities are available at Middleton Shopping Centre.





Coffee and Cake at Mill About

(for carers and the person you care for)

Wednesday 23rd September 2.00pm - 3.15pm

Mill About Café, Spotland Bridge Mill,
Bridgefold Road, Rochdale, OL11 5BU

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Enjoy a hot or cold soft drink and a delicious piece of cake in this exquisite café. With a wide variety of tasty cakes, you will be spoilt for choice! Relax and unwind as you meet other carers and Carers' Hub Rochdale staff. Book a space and you will be made most welcome.

Alpaca Meet and Greet

Thursday 24th September 10.40am - 12.00pm

Calderbrook Alpacas, Todmorden Road,
Littleborough, OL15 9LY

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.



Book a space and enjoy a wonderful, outdoor, close encounter with these beautiful creatures. Hand feed the alpacas, not forgetting Lambo (the sheep) too! The memories from this experience will last a lifetime. **Please note: The ground is uneven in places on this experience and there is a short uphill walk to access the enclosure.** There are no toilet facilities at this event.

You can book by:

Emailing: events@rochdalecarers.co.uk
or calling: 01706 392060

All our events are for carers registered with Carers Hub Rochdale.



Fitness with Frank

Friday 25th September 1.00pm - 2.30pm

Friday 30th October 1.00pm - 2.30pm

Friday 27th November 1.00pm - 2.30pm

Heywood Baptist Church, Rochdale Road,
Heywood, OL10 1LE

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060

Please see Important Booking Information
on page 10.

Join our award-winning, volunteer instructor, Frank, for a fantastic fitness session. Frank will show you stretches and strength-building exercises you can practise at home, as well as relaxing breathing techniques. There will be time to relax with a cup of tea or coffee for the last half an hour.



Gentle Stroll and Lunch

Tuesday 29th September 11.00am - 1.00pm

Queen's Park Café, Heywood, OL10 4UY

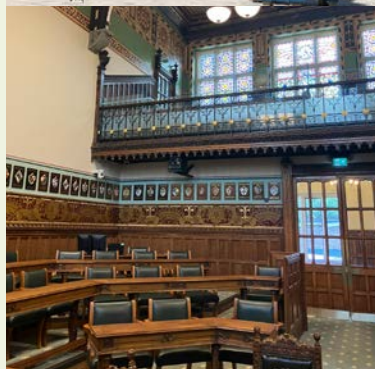
To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Book a space and join us for a walk of your choice: either a short walk on the flat area of the park, or a longer walk down the hill round the lake and back up again. After the walk, relax in the café with a delicious afternoon tea. Enjoy meeting other carers and take part in a fun quiz organised by the wonderful café staff.

Please Note



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. This symbol highlights the events where you can bring the person you care for, if you wish to do so.



Historic Court Chamber Tour at Rochdale Town Hall

(for carers and the person you care for)
(Activity recommended by a carer)



Thursday 1st October 1.00pm - 2.15pm

Rochdale Town Hall, The Esplanade, Rochdale,
OL16 1AZ

To express an interest in attending

this free event, please email:

events@rochdalecarers.co.uk

or call: 01706 392060

Please see Important Booking Information
on page 10.

Book a space and step back in time, as you take part in a guided tour of the beautifully restored, Historic Court Chamber at Rochdale Town Hall. Hear stories about those that led a life of crime and discover the fate that was awarded to them by the magistrates of the era. Now used as a Council Chamber, this lavishly decorated room certainly has some interesting stories to tell.

Photography Workshop

(using your mobile phone camera)

Friday 2nd October 10.30am - 11.45am

Queen's Park Café, Heywood, OL10 4UY

To express an interest in attending

this free event, please email:

events@rochdalecarers.co.uk

or call: 01706 392060

Please see Important Booking Information
on page 10.

Book a space and learn top tips, from brilliant, local professional photographer, Jade Doherty, on how to take stunning photos of nature with the camera on your mobile phone. The workshop will involve a walk out into the park to practice taking photos. Places are limited on this event. Refreshments provided.





Crochet and Knitting Project Get Together

Monday 5th October 1.30pm - 2.45pm

Heywood Baptist Church, Rochdale Road,
Heywood, OL10 1LE

To express an interest in attending this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information on page 10.

This collaborative project with Carers' Hub Rochdale and Creative Health and Wellbeing is going from strength to strength. With the help of many local carers (and other local helpers) we have managed to create over 30 beautiful sensory blankets, which will be donated to local care homes, for people with dementia. A huge thank you to all those involved in this project. At this get together we will knit/crochet/sew and have a chat and a brew.

New carers are always welcome to join. If you have any 3inch or 6inch crochet or knitted squares you would like to donate to this project, then please bring them along to any of the Coffee and Chat sessions (see pg. 8) or please contact Carers' Hub Rochdale using the details above.

Hairspray the Musical

Wednesday 7th October 7.00pm - 10.00pm

The Curtain Theatre, 47 Milkstone Road,
Rochdale, OL11 1EB

To express an interest in attending this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information on page 10.



Hairspray is a vibrant award-winning musical, about teenager, Tracy Turnblad's dream to dance on a TV show while advocating for equality in 1960s Baltimore. With high-energy dance numbers and uplifting songs, this show is sure to make you smile. Performed by Whitworth Amateur Musical and Dramatic Society, this is your opportunity to experience local, high-quality musical theatre at the beautiful, historic, Curtain Theatre.

Please note: this historic theatre does not currently have an accessible toilet. There is a flight of stairs (there is a stair lift), then several more steps to access the seats.



Sound Journey

Thursday 8th October 10.30am - 12.00pm

The Sailing Club, Lake Bank, Hollingworth Lake,
Littleborough, OL15 0AS

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Are you in need of some relaxation? If so, why not come and experience a wonderful Sound Journey with Michelle from The Hygge Hub. Be soothed by the sounds of Tibetan singing bowls and other gentle instruments as you lie, or sit, and relax. Please bring a pillow, blanket and yoga mat (if you have one) and whatever else you may need to be comfortable. Refreshments provided.

Please note: Sound Journeys can have many wellbeing benefits, however they may not be suitable for: early pregnancy (first trimester), people with pacemakers, epilepsy, severe mental health conditions (e.g. psychosis), metal implants, and severe sound sensitivity. People with these conditions should consult a doctor first, because sound vibrations can affect medical devices and trigger symptoms



Meal Planning and Preventing Food Waste Session

Monday 12th October 1.00pm - 2.15pm

St George's Hall, Bury Road and Oakenrod Hill,
Rochdale, OL11 4EB

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Many carers may know Linda, from Speaking of Food CIC, from the wonderful cookery sessions earlier in the year. Linda returns with helpful tips and tricks for meal planning and preventing food waste. This will be an informative and enjoyable session, pick up a freebie too!

Tea and Toasted Teacake (for carers and the person you care for)



Tuesday 13th October 2.00pm - 3.30pm

Gordon's Bistro, Gordon Rigg Garden Centre,
Moss Bridge Road, Kingsway, Rochdale,
OL16 4UX

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Enjoy a delicious cup of tea or coffee and a
tasty teacake. Take time to chat to other carers.
You are welcome to bring the person you
care for, please let us know when requesting
a space.



Stay Strong, Stay Safe (for carers and the person you care for)



Thursday 15th October 1.00pm - 2.30pm

Thursday 22nd October 1.00pm - 2.30pm

Sandon House Community Centre, Taylor
Street, Heywood, OL10 1EF



To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Do you ever worry about trips and falls, for yourself, or the person you care-for? Would you like to eat healthier and learn more about nutrition and hydration? If so, this is the perfect course for you. During the two sessions you will receive training on falls and how to prevent them, you will learn skills to help you and others get up from the floor after a fall. Gain a certificate as you become a RoSPA Fall Fighter. You will learn the importance of good nutrition and hydration for staying safe and strong. Suitable for all carers, of any age, both sessions are extremely useful and full of excellent information, for your own wellbeing, and for you to pass on to family and friends. Please book a space on both sessions. Refreshments provided.

Autumn Pumpkin Flower Arrangement Workshop

Tuesday 20th October 1.00pm - 2.15pm

Lighthouse Project, Middleton Shopping Centre,
Limetrees Road, Manchester, M24 4EL

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Enjoy being creative whilst making a beautiful, autumn flower arrangement to take home and enjoy. Using a pumpkin as a base you will be given some lovely, fresh flowers to arrange as you choose. Meet and chat with other carers. Refreshments provided.



Pamper Session

Monday 2nd November 12.45pm - 2.45pm

Heywood Baptist Church, Rochdale Road,
Heywood, OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10

Take a little time for yourself with a relaxing pamper session. Enjoy an express manicure, facial or massage. Meet and chat with other carers. Book a space and you will be made most welcome. Refreshments provided.

You can book by:

**Emailing: events@rochdalecarers.co.uk
or calling: 01706 392060**

All our events are for carers registered with Carers Hub Rochdale.



Pamper Session

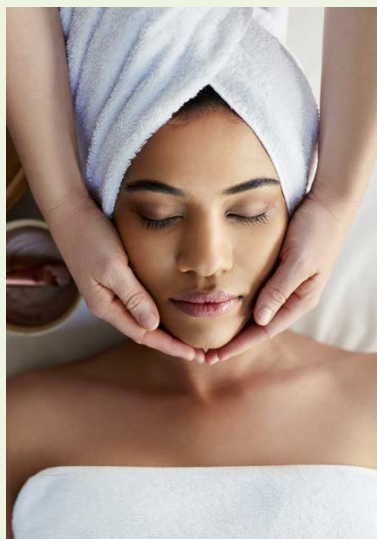
(for carers from ethnic communities)

Monday 9th November 10.00am - 12.00pm

Rochdale Gateway Leisure, 2 Kenion Street,
Rochdale, OL16 1SN

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Relax and unwind with this pamper session. Feel refreshed with an express facial or massage. Meet other carers and enjoy a cup of tea or coffee. Please book a space and we look forward to welcoming you.



Geli Plate Printing for Card Making

Tuesday 10th November 10.00am - 12.00pm

Castlemere Community Centre,
Tweedale Street, Rochdale, OL11 1HH

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.



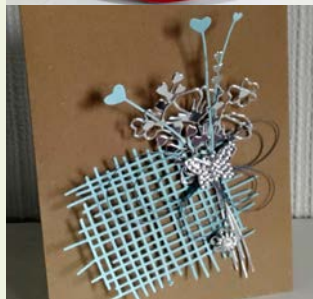
Book a space and learn this wonderfully addictive craft technique, with Erica from Creative Health and Wellbeing. Using a soft geli plate, a roller, a wide range of coloured paints, leaves and stencils, you will make the most incredible designs, which make beautiful, unique cards. Enjoy being creative whilst meeting other carers. Refreshments provided.

You can book by:

**Emailing: events@rochdalecarers.co.uk
or calling: 01706 392060**

All our events are for carers registered with Carers Hub Rochdale.





Card Making with Linda

Thursday 12th November 10.45am - 12.00pm

River Beal Café and Community Hub, 14
Ladybarn Lane, Milnrow, Rochdale, OL16 4GQ

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Join Linda, (volunteer at River Beal Café and
Community Hub) to make a beautiful card in a
presentation box.

You can choose to make a Christmas card or a
different greetings card.

Enjoy chatting with other carers with a soft drink,
or a cup of tea or coffee whilst you craft.

Cleaning and Decluttering Motivation Session

Friday 13th November 10.30am - 12.00pm

Lighthouse Project, Middleton Shopping Centre,
Limetrees Road, Manchester, M24 4EL

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.



Love it or hate it, cleaning and decluttering is something we all have to do.
Perhaps you need some motivation to get started, or maybe you find cleaning
therapeutic and enjoyable, all are welcome to this session. Join Carers'
Hub Rochdale staff as we discuss top tips for making your house sparkle.
Refreshments provided.

Please Note



Please note that all our activities and Coffee & Chats are for carers
only, unless otherwise specified. This symbol highlights the events
where you can bring the person you care for, if you wish to do so.

Carers' Rights Day Workshops and Pastries



(for carers and the person you care for)

Thursday 19th November 1.00pm - 2.30pm

Lighthouse Project, Middleton
Shopping Centre, Limetrees Road,
Manchester, M24 4EL



To express an interest in attending this free event, please email:
events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

This year we are trying something different for Carers' Rights Day. Join us at 1pm for cakes, pastries, tea and coffee and a short presentation, with photos and videos from the year. Enjoy a relaxing hand massage or seated shoulder massage. Then, join the workshop of your choice. (When expressing an interest in attending this event, please let us know if you would like to bring the person you care for, and please let us know which workshop you are interested in.)

Please choose one of the following workshops:

Group Q&A and Information Session with Solicitor, Zoe Clough

(from Sharp, Cross and Mann Solicitors)

Find out about lasting power of attorney,
making a will, deputyship and more.



Sharp Cross & Mann
solicitors



Music in Mind Taster Session

(with staff from Lighthouse Project)

Enjoy using percussion instruments to
play and sing along to favourite songs.

Flower Centrepiece Workshop

Enjoy being creative with artificial
flowers, create something special
to take home.



Co-Production Workshop

We value your feedback and we would
like to know more about your ideas
for Carers' Hub Rochdale's events
and activities.

First Aid Awareness Session

(focus on CPR)

Monday 23rd November 12.45pm - 2.15pm

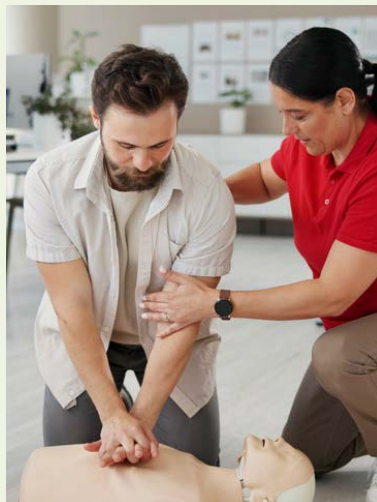
The Sailing Club, Lake Bank, Hollingworth Lake, Littleborough, OL15 0AS

To express an interest in attending this free event, please email:

events@rochdalecarers.co.uk

or call: 01706 392060

Please see Important Booking Information on page 10.



Book a space and learn key CPR skills. Delivered by the Cookson First Aid team, this will be an informative, practical session. Refreshments provided.



Cinderella Pantomime

Monday 30th November 12.30pm - 3.30pm

Middleton Arena, LCpl Joel Halliwell VC Way, Middleton, M24 1AG

To express an interest in attending this free event, please email:

events@rochdalecarers.co.uk

or call: 01706 392060

Please see Important Booking Information on page 10.

We all love a panto, don't we? Oh yes we do! Be transported to panto land for a fun-filled afternoon of dazzling dance routines, amazing special effects, great songs and a generous sprinkle of fairy dust! Embrace your inner child as you boo the baddies and shout "he's behind you!". Please book a space for an afternoon of escapism.

You can book by:

Emailing: events@rochdalecarers.co.uk

or calling: 01706 392060

All our events are for carers registered with Carers Hub Rochdale.



Wreath Making

Wednesday 2nd December 1.00pm - 3.00pm

St George's Hall, Bury Road and
Oakenrod Hill, Rochdale, OL11 4EB

Thursday 3rd December 10.00am - 12.00pm

The Sailing Club, Lake Bank,
Hollingworth Lake, Littleborough, OL15 0AS

Friday 4th December 1.00pm - 3.00pm

Heywood Baptist Church, Rochdale Road,
Heywood, OL10 1LE

Monday 7th December 1.00pm - 3.00pm

Castleton Community Centre, Manchester
Road, Castleton, Rochdale OL11 3AF



To express an interest in attending one of these free events, please email:
events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Join Janine, from Groundwork Trust, to make a beautiful wreath using natural materials. Refreshments provided. **All spaces must be booked.**



Decorate a Yule Log

Saturday 5th December 10.30am - 11.30am

St George's Hall, Bury Road and Oakenrod Hill,
Rochdale, OL11 4EB

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 01706 392060
Please see Important Booking Information
on page 10.

Linda, from Speaking of Food CIC, returns for another wonderful session. Use a delicious chocolate ganache to decorate a Yule Log. Impress family and friends with your finished creation!
Enjoy meeting and chatting with other carers.

Please Note



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. This symbol highlights the events where you can bring the person you care for, if you wish to do so.

Santa Stroll and Lunch

Tuesday 8th December 11.00am - 1.00pm

Queen's Park Café, Heywood, OL10 4UY

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.

Book a space and join us for a walk around beautiful Queen's Park. There will be a choice of a longer or a shorter walk. Enjoy a tasty lunch in the café, followed by a super quiz, led by the wonderful café staff.

Don't forget your Santa hat!



Christmas Party!

(for carers and the person you care for)



Wednesday 9th December 12.30pm - 2.00pm

Middleton Masonic Hall, 114 Manchester Old Road, Middleton, M24 4DY

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 01706 392060
Please see Important Booking Information on page 10.



Book a space and enjoy a delicious Christmas lunch (in a giant Yorkshire pudding), meet other carers and enjoy listening/dancing to music. Enjoy listening to students from Chetham's School of Music perform whilst you enjoy your lunch. This should be a lovely, festive event for you to relax and meet other carers. Please book a space and we look forward to welcoming you.

You can book by:

**Emailing: events@rochdalecarers.co.uk
or calling: 01706 392060**

All our events are for carers registered with Carers Hub Rochdale.



Online Activities and Events

Distance Reiki

Weekly

Every Wednesday 2.00pm - 3.00pm

Feeling stressed, overwhelmed or out of balance? Discover the profound healing potential of Reiki, a gentle yet powerful Japanese technique that can help you. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress or simply want to enhance your overall well-being.



Seasonal Flow Yoga

Weekly

Every Wednesday 6.15pm - 7.30pm



Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners.

Yoga Nidra

Weekly

Every Thursday 7.00pm

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional and mental health.



Scan Here

To access any of our Yoga or Reiki sessions on Zoom please [click the link](#) here or scan the QR code to complete the short booking form and we will provide the Zoom link. The reply is not automated and it may take a couple of days for you to receive the Zoom link. The Zoom link will then remain the same each week.

For further information or support please email: enquiries@rochdalecarers.co.uk

Carers' Hub News and Information

Has anything changed?

We always want to ensure that we have the latest information on carers who are registered with us to ensure that we can continue to provide you with the latest information on our service and to offer you support, as and when you need it. Please contact us if any of your details have changed (for example, names, telephone number, address, email) or if you are no longer a carer - so we can update our system. You can also let us know if your caring role has changed or maybe you haven't been in contact with us for a while and would like additional support or information from one of our Carers Information and Support Officers – please reach out to us.

To let us know about any changes or request for support, please call: 01706 392060 or email: enquiries@rochdalecarers.co.uk

**New
phone
number?**

**Changed
your
address?**

Young Carers' Hub Rochdale

Our young carers (aged 5–17) have been having a fantastic time across our two youth clubs, enjoying a variety of activities, including drama nights and cooking sessions – where the young carers have even tried making French and savoury tarts.

During half term, we hosted a special cooking session in Heywood, where the young people prepared a delicious chicken and vegetable noodle stir fry.

Carers Hub Rochdale also took the young carers to a trip, on their very own, private, Bee Bus, to 'Summit Up', where they took part in an exciting climbing session. Afterwards, the young carers enjoyed pizza, sandwiches, crisps, and ice cream – everyone had a brilliant time!



Our Young Carers Team offer support to children and young people aged 5-17 years old, visiting them in their school setting to talk to them about their caring role and how this impacts their lives. We are here to support all young carers. Offering a wraparound package of support.

To get in touch, call: 01706 392060 or email enquiries@rochdalecarers.co.uk

Looking after someone?

Access
FREE online
resources
for carers

N-Compass with Carers UK

N-Compass, in partnership with Carers UK, has launched the Digital Resource for Carers—a dedicated platform offering support, information, and advice for carers. Covering a wide range of topics, from health and emotional wellbeing to financial guidance, the platform is designed to assist carers in every aspect of their role. It also features Jointly, our care coordination tool that helps carers organise and manage their caring responsibilities more effectively.

Our digital products and online resources are available to carers and include:

E-Learning & Videos

Practical learning and guidance for carers



Jointly

Care co-ordination app



Free publications

Guides and information from Carers UK



More Support

Helpful resources, tools and links to local services



Visit **carersdigital.org** and use code **NCOMPASS** to create a free account and access online resources.



Carers' Hub Co-Production Update

Co-production is a collaborative approach, with Rochdale Borough Council (RBC), for people who use services, their families, carers, and professionals to come together as equals to share power, and shape how services work.

Firstly, it is only appropriate to thank you, the Carers of Rochdale Carers Hub, who have engaged with the Carers Co-production network via group meetings, workshops and one to ones, and voiced your lived experience. This has helped to implement and shape adult social care services, in our locality, for the better.



Dementia diagnosis what next?

written by carers for carers

- Scared
- Anxious
- Guilty
- Worried
- Overwhelmed
- Angry
- Confused

What do I do now?
Where do I go?
Who do I tell?

One of the many successes of our Co-production group is the production of an informative Dementia leaflet. From lived experiences, the group designed a free, user-friendly document, to help those recently diagnosed with dementia. With funding from RBC to print the leaflet, the Co-production group, and staff, have distributed the leaflets to hospitals, doctors' surgeries, libraries and hubs. Thank you to all those that helped with this useful leaflet, including: Home Instead (Joanne), Alzheimer's Society (Jill), Mind (Rosanora and Ansa) and Springhill Hospice (Margaret), for your continued support and for sharing your experience from a provider's point of view, at our regular dementia workshops.

Carers' Hub Rochdale Co-production group, has also worked on the Carers Assessment form, looking at the process, layout and wording. As a result, changes have been implemented making it easier to complete the form, this assessment is now conducted by Carers' Hub Rochdale.

The Co-production group will be continuing over the coming year. You can find out more about Carers' Hub Co-production and get involved at Carers Rights Day on Thursday 19th November, 1pm-2:30pm. Please see pg 24 in the Adult Carers' Special Events

Useful Information



Free 30 minute session with a solicitor for carers

The Carers' Hub Rochdale works in partnership with Zoe Clough at Sharp, Cross & Mann Solicitors to offer a free 30-minute session via telephone or face-to-face, to discuss issues such as deputyship, Power of Attorney, will writing and more. If this is something you are interested in accessing, the sessions run on the second Tuesday of every month in the morning, and all you need to do is contact your Carers Information and Support Officer or email: events@rochdalecarers.co.uk to book a slot.

Citizens Advice Rochdale Face to Face

**citizens
advice**

Monday

Number One Riverside

General advice drop in 9am-3pm

Tuesday

Smallbridge Library

General advice drop in 9am-3pm

Wednesday

Number One Riverside

General advice drop in 9am-3pm

Thursday

Number One Riverside

General advice drop in 9am-3pm

Heywood Library

Appointments Only (Contact
advice line on 0808 278 7803)

Friday

Littleborough Library

General advice drop in 9am-3pm

Energy Drop-in Session

at Number One Riverside, Rochdale,

first and third Tuesday of the month 10.00am-2.00pm



The Energy Team will be on hand to advise on income maximisation including via benefits, budgeting, energy efficiency including applications for ECO grants. Also dealing with energy debt repayment, including water debt, energy complaints, social tariffs, PRS, charity grant applications and more.

Employee Assistance Programme



ROCHDALE
BOROUGH COUNCIL

Rochdale Council are providing access to their Employee Assistance Programme to all registered carers of Carers' Hub Rochdale via Vivup. Supporting carers mental health and wellbeing with our dedicated Employee Assistance Programme. Whether you're facing problems at work or at home, you can access impartial, confidential advice from qualified counsellors for many different issues, including:

Your Care Platform

Vivup's proactive health and wellbeing platform

Online GP

Access private GP appointments in a convenient manner and timeframe

Plus support for:

- Anxiety
- Bereavement
- Stress
- Depression
- Workplace Issues
- Trauma
- Relationships
- Finances
- Family Difficulties

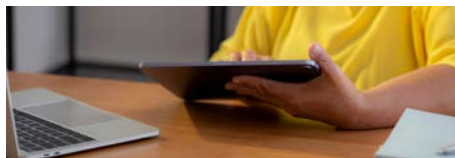
The telephone helpline is available 24/7, 365 days a year, is completely confidential and available to carers needing mental health support. Contact Carers' Hub Rochdale for more information on **01706 392060**

Digital Support Drop-ins



ROCHDALE
BOROUGH COUNCIL

Would you like to learn how to use a tablet, phone, laptop or PC to improve your digital skills? Gain the confidence you need at our digital drop-ins to help you enhance your skills and unlock your digital potential!



Middleton Library

Monday
10.00am - 11.30am

Number One Riverside

Tuesday
10.00am - 12.00pm

Heywood Library

Tuesday
2.00pm - 4.00pm

Number One Riverside

Friday
10.00am - 12.00pm

For more information
Call: **01706926653** or **01706925147**
Or Email: **DTL@rochdale.gov.uk**



Customer services

Are you looking for advice and support to access council services? We offer an appointment and drop in service so that you can access advice and support

Drop in service

Number one Riverside - Monday to Friday, 9am – 5pm

Middleton Library - Tuesday, 9am – 5pm

Heywood Library - Thursday, 9am – 5pm

We can help with

- Attendance allowance
- Blue badges
- Council Tax
- Cost of living
- Housing benefit and Council Tax support
- Housing and homelessness
- Pension Credit
- Other council services

 **01706 924403**

 **Customer.Services@rochdale.gov.uk**

 **rochdale.gov.uk**



ROCHDALE
BOROUGH COUNCIL

Dementia Support Group

Friday 25th September

Friday 23rd October

Friday 27th November

Friday 18th December

**All sessions held
1:00 - 3:00pm**

**The Springhill Suite
Springhill Hospice
Broad Lane
Rochdale, OL16 4PZ**

**For more information please contact
Springhill Hospice Liaison/ Margaret Diggle
on 01706 752360 or email nehgm.liaison@nhs.net**

**Drop in to the
Springhill Hospice
Dementia Support
Group.**

**We have a Solicitor
from AST Hampsons
and a Citizens
Advice Colleague at
every session!**

**Everyone is
welcome!**

Springhill Hospice
Broad Lane, Rochdale, OL16 4PZ
Tel: 01706 649920
Registered Charity No: 701798
Incorporated as a Company Limited by
Guarantee No 2325905

Wellbeing and
Supportive Care



Wellbeing Hub

We invite anyone living in **Heywood, Middleton and Rochdale**, who is affected by any progressive **life-limiting illness**, to join us.

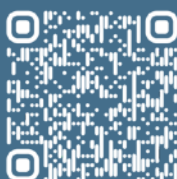
Whether it be for an informal chat, a creative therapy session or for educational purposes, our hubs are a safe and welcoming environment. Carers are also welcome to join us.

No referral or appointment is needed, just drop in!

14th September
12th October
9th November
14th December
10am-12pm



Springhill Hospice
Broad Lane
Rochdale
OL16 4PZ



For further information:
Call us on **01706 649920**
Email **wellbeing@springhill.org.uk**
Or visit **Springhill.org.uk/wellbeing**.
To view our information leaflets,
please scan the QR code.



www.springhill.org.uk
Springhill Hospice | Broad Lane, Rochdale, OL16 4PZ | Tel: 01706 649920
Registered Charity No: 701798
Incorporated as a Company Limited by Guarantee No 2325905

Launched 1st June 2026

BARNARDOS



CHAT AUTISM AND ADHD

Do you need support for Autism or ADHD related differences?

Do you have a question about the support services that are available to you?

Is there something you want to ask but you'd rather text than talk?

If you answered yes to any of these questions our anonymous messaging service is available for young people under 18, or for parents and carers seeking advice about a child or young person. The service offers support and advice for Autism-related and ADHD-related needs.



For free confidential support and advice text:

07507329954



Chat Autism & ADHD provides confidential, anonymous help and advice on Autism & ADHD for young people under the age of 18. No diagnosis is required. Young people can get in touch themselves, or parents and carers can contact us about a child or young person. We aim to reply within 48 hours (9am-4:30pm Monday to Friday), and you'll receive an automatic message to confirm we've received your text. If we believe someone is at risk of serious harm, we may need to share information with emergency services or the police. This is not a crisis service; if you need urgent help, contact NHS 111 or call 999 in an emergency.

Useful Numbers

Carers' Hub Rochdale	01706 392060
Adult Social Care Services	0300 303 8886
Adult Safeguarding Team	0300 303 8886
Children Social Care Services	0300 303 0440
Community Connectors (Adult Care)	0300 303 0360
Emergency Duty Team (In an Emergency and outside office hour including bank holidays)	0300 303 8875
Rochdale Citizens Advice Bureau Advice Line	0808 278 7803
Greater Manchester Public Transport (Disabled Travel Pass)	0161 244 1000
Blue badge (Disabled Parking Permit)	0300 303 8870
Health and Social Care Regulator (Care Quality Commission)	03000 616161
Samaritans	116 123
Your Trust Rochdale (Leisure and Sports)	01706 926000
Thinking Ahead (Mental health and Wellbeing Service)	01706 751180
Stroke Association – Rochdale	01706 657 269
Carers Allowance Unit	0800 731 0297
Personal Independence Payment	0800 917 2222
Attendance Allowance	0800 731 0122
Disability Living Allowance	0800 731 0122
Dementia Connect (Alzheimer's Society) Helpline	0333 150 3456
SafeNet Domestic Abuse Service	0300 3033581
School nurses (support any child and young person from 5 years until their 20th birthday who live in or attend a school in Rochdale)	0161 206 0694
Rochdale Boroughwide Housing	0800 027 7769
Independent Age Helpline	0800 319 6789



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work!

Please call 01706 392060 or email enquiries@rochdalecarers.co.uk

If you would like to read any part of this newsletter in large print, please call 01706 392060 or email enquiries@rochdalecarers.co.uk to make your request.

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group www.facebook.com/groups/2516078581760510 or call 01706 392060 before setting out.