Autumn/Winter 2026

# Newsletter

Bury carers' HUB





## Welcome to the 13th Bury Carers' Hub Newsletter

n|compass towards a brighter future

Bury Council

NHS Greater Manchester

Registered Charity No. 1128809

# Welcome

Welcome to the latest edition of the Bury Carers' Hub Magazine. As we move into the autumn and winter months, the leaves are beginning to change colour, the days are becoming shorter, and thoughts turn to staying warm, connected, and looking after our wellbeing during the colder season.

At Bury Carers' Hub, your wellbeing remains at the heart of everything we do. Our service is centred around you and the person you care for, and we are committed to supporting you throughout the year.

We are delighted to continue offering a variety of activities, groups, and opportunities each week across the borough. Whether you're joining us for a wellbeing activity, information session, coffee morning, or social event, we hope you'll enjoy meeting other carers and members of our team while taking some valuable time for yourself.

As the festive season approaches, we also want to take this opportunity to thank you for everything you do.

Caring can be both rewarding and challenging, and we recognise the dedication, compassion, and support you provide every day.

We hope you find this magazine informative and enjoyable. If you no longer wish to receive future editions or your contact details have changed, please let us know so we can update our records.
You can keep up to date with what our service offers and new opportunities by visiting our website **www.burycarershub.org.uk**

The Bury Carers' Hub team would also like to extend a heartfelt thank you to our volunteers, partners, and supporters. Your kindness and commitment make a real difference to carers across Bury.

As always, we welcome your feedback, comments, and suggestions. Please don't hesitate to get in touch if there is anything we can do to support you.

Wishing you a happy, healthy, and peaceful autumn and winter.

**The Bury Carers' Hub Team**

## 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
- 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**

# What our Service Offers

N-Compass Bury Carers' Hub provides a single point of access for all adult carers (18+) supporting another adult living in Bury. The Hub exists to ensure that carers have access to information, advice, and a wide range of support services.

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.

## As a carer registered with Bury Carers' Hub, support available includes:-

- Access to a specialist staff member with 1-2-1 or group-based support
- Help to take a break from your caring responsibilities
- Access to online support including our Carers' Community Network
- Access to a CHAT Line delivered by other carers
- Access to peer support
- Providing information, advice and guidance on a variety of topics
- Support to access community, health and wellbeing services
- Access to activities, training and much more
- Providing opportunities to volunteer as a 'Friend of Bury Carers'
- Access to a regular Bury Carers' Hub magazine
- Help to access a Statutory Carer's Assessment
- Access to Carers UK Digital Resource
- Carer's Emergency Card
- Access to Carers UK Digital Resource
- Support for Young Adult Carers

# How to contact us

## BURY CARERS' HUB

Opening Times:
**Monday to Friday 9.00am to 5.00pm**

Telephone: **0300 303 0207** (calls charged at local rate)

Email: **enquiries@burycarershub.org.uk**

Website: **www.burycarershub.org.uk**

Online Chat: **www.n-compass.org.uk/services/carers-support**

## What is a carer's assessment and how do I get one?

The Care Act 2014 states any carer who appears to have a need for support should be offered a carer's assessment. This will give you the opportunity to discuss what information is available and find out what community support is available locally.

The assessment will look at how caring affects your life, including for example, physical, mental and emotional needs. You can have an assessment even if the person you care for is not eligible for support or is refusing social care services. To access a carer's assessment, please contact the Connect and Direct Hub on **0161 253 5151.**

## Co-production Network

**Would you like to help shape local services for carers?**

Join our monthly Co-production Network and share your experiences as an unpaid carer. This is an opportunity to discuss what's working well, what could be improved, and the issues that matter most to you. The feedback and themes identified through these discussions will be shared with service leads and the Carers Strategy Group to help influence future developments and improvements for carers across Bury. Refreshments will be provided.

Please contact us to register your interest **enquiries@burycarershub.org.uk**

## Carers Community Network

This is a virtual community where you can meet other carers, share ideas and experiences. We currently have over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up. Please be aware, that to access the Carers' Community Network Platform, you will need to be invited. Please contact the Service Access Team on **0345 688 7113** who will be happy to support you with this. You will just need to provide them with your name and email address.

Carers Community Network

## Facebook

Please look at "like" and "follow" our Facebook page by logging into Facebook and searching for Bury Carers' Hub by following the link: **https://www.facebook.com/BuryCarershub** 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/539244240286738**



Bury carers' HUB

# You're Not Alone
# Your Voice Matters

## Carers' Co-production Network

### Do you look after someone aged 18 and over?

A parent, partner, child or friend or relative?
If they rely on you, even a little - you're a carer.
Many people don't realise they are carers - until someone says it.

### What is Co-Production?

Co-Production means working together with carers to improve services, making sure your voice is heard and valued.





### Why Get Involved?

- Share what's working (and what's not)
- Help improve local support
- Meet others with similar experiences
- Be part of real change in Bury

### Get Involved

For adult carers (18+) supporting someone aged 18+ in Bury.
We would love to hear from you!

Telephone: **03003 030207**

*(Calls are charged at local rate)*

Email: **enquiries@burycarershub.org.uk**

*Masumma Khan*
*Carers Co-Production Coordinator*
*Bury Carers' Hub*

Bury Council

n|compass towards a brighter future

N-Compass is registered in England and Wales as a Registered Charity No.1128809 and as a company limited by guarantee No. 06845210.

The Volunteer Hub

Bury Carers' Hub 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 0138 208** or email **volunteering@n-compass.org.uk**

The Volunteer Hub PEN PALS

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 handwritten 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**




## Young Adult Carers

Are you aged 18-25? If so, we are keen to hear from you. Being a carer can be difficult. Juggling education, work, relationships and supporting a family member or friend can impact on your own health & wellbeing. Tell us how we can support you in a way that works for you. Have a brew on us with access to a free Starbucks or Costa voucher.

Speak with one of the team, call **0300 303 0207**, message us on our socials or email us on **enquiries@burycarershub.org.uk**

## Carer's Emergency Card

Having a contingency plan in place can help to provide piece of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Bury Carers' Hub have a Carer's Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place. The team will guide you through the process in completing the documentation. Please ask one of the team or call **0300 303 0207.**



Brought to you by carersUK

In collaboration with n|compass towards a brighter future

# Looking after someone?



Access FREE online resources for carers

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

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.

# What We Have Been Up To






Whitefield Post Box Topper

Poppy Making Session











Carers Week Music

Post Box Topper







Art as Medicine



Bury carers' HUB



# Activities and Events



Carers' Coffee & Chat

## Coffee and Chat

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

If you have never been to a Coffee and Chat before don't worry! Everyone was new once. A friendly member of our team or one of our volunteers will be there to greet you and offer a warm introduction.

For more infomation get in touch with the Bury Carers' Hub team:

Email: **enquiries@burycarershub.org.uk**

or Phone: **0300 303 0207**



## Carer Drop-Ins

Meeting up face to face with our carers is what makes our job so special. We offer weekly and fortnightly informal Carer groups. You do not need to be registered with Bury Carers' Hub to come along. Our current offers:

| Radcliffe | Prestwich | Whitefield | Bury Central | Bury North |
|---|---|---|---|---|
| **Listening Ear Café** United Reform Church, Blackburn Street, Radcliffe, M26 3WQ | **Church Lane Community Centre,** Church Lane, Prestwich, M25 1AJ | **The Sir Robert Peel**, Sunnybank Road, Bury, BL9 8ES | **Bury Masonic Hall,** 25 Parson's Lane, Bury, BL9 0LY | **Scotties Tea Rooms,** Railway Street, Ramsbottom, Bury, BL0 9AS |
| **10.30am - 12.00pm** | **1.00pm - 2.30pm** | **1.00pm - 2.30pm** | **10.30am - 12.00pm** | **10.00am - 11.30am** |
| **Fortnightly on Tuesdays** | **Fortnightly on Tuesdays** | **Fortnightly on Mondays** | **Weekly on Wednesdays** | **Last Friday of the month** |
| This venue has a community café and is a lovely space to meet with our carers. **Free parking is available at the back of the building**. Why not stay for lunch? | This is in partnership with Julie Bentley, Social Prescriber for Prestwich Primary Care Network. | Joanne the manager always makes us very welcome. | An informal and friendly gathering of carers and their loved ones if they wish to come along. With singing, laughter, guest speakers - a really supportive and safe space to meet. | The Bury Carers' Hub team will be there to welcome you with a smile and will buy coffees, teas and soft drinks |
| 6th October | 13th October | 12th October | 7th October | 29th October |
| 20th October | 27th October | 26th October | 14th October | 27th November |
| 3rd November | 10th November | 9th November | 21st October | To continue monthly |
| To continue every fortnight | To continue every fortnight | To continue every fortnight | To continue weekly | |

For more information on dates and times, please call us on **0300 303 0207** or speak directly with one of the team. All changes will be posted on Bury Carers' Hub Facebook Group **https://www.facebook.com/groups/539244240286738.** We offer a monthly timetable of all events. These can be emailed to carers registered with our service. We also have hard copies available at our groups.

They are also uploaded to Facebook and The Bury Directory. You can find this by clicking the link here **Carers Information and Support in Bury | Bury Directory** or visiting **https://theburydirectory.co.uk/adult-social-care/information-and-support-for-carers-in-bury**

# Zoom Activities (All Carer Services)

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity.
If you have not already used Zoom and want to learn more about the platform, please visit **https://zoom.us/join**

## Distance Reiki

**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

**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

**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 & mental health.



**Scan Here**

To access any of our Yoga or Reiki sessions on Zoom please click the link: **https://forms.office.com/e/xqudEKkPN0** here or scan the QR co to complete the short booking form and we will provide the Zoom Link. The reply is not automated and may take a couple of days to reply with the Zoom link. The Zoom link will then remain the same each week.
For further information or support please email: **enquiries@burycarershub.org.uk**



# Monthly Crafting Carers' Hub

Join us at the Live Well Centre for a friendly and relaxed afternoon of crafting, creativity and conversation with fellow carers.



**What to expect:**

- A variety of craft activities
- Meet and connect with other carers
- Learn new skills and share ideas
- Bring your own project or join ours
- Take some time for yourself
- Welcoming and supportive environment

Open to all unpaid carers and free of charge.
Not registered with Bury Carers Hub? Simply register on the day.

## Live Well Centre

Albert Road, Whitefield, M45 8NH

**1.00pm - 3.30pm**
**Third Thursday of the Month**

# Walk and Talk With Us

## N-Compass Bury Carers' Hub Monthly Wellbeing Walk
### on the 12th November 2026

**Join us for a friendly and relaxed Carers' Wellbeing Walk through Heaton Park**



**This gentle walk offers an opportunity to enjoy the benefits of fresh air, light exercise and social connection while meeting other carers in a supportive environment.**

Routes are wheelchair accessible and may be adjusted depending on the weather.



**Meet outside Whittaker Medical Centre at 2.00pm.**

The walk to the Lakeside Café, Heaton Park takes approximately 20 minutes each way at a comfortable pace, with time to enjoy a chat and refreshments.

**Places are limited, so booking is recommended.**
For more information or to book a place, please call **0300 303 0207** or email **enquiries@burycarershub.org.uk.**



# Upcoming Events

## Co-production Network

**Wednesday 14th October, 9.30am**

**Bury Masonic Hall, Parsons Lane**

Join our monthly Co-production Network and share your experiences as an unpaid carer. This is an opportunity to discuss what's working well, what could be improved, and the issues that matter most to you. Refreshments will be provided.



Please contact us to register your interest: **enquiries@burycarershub.org.uk**
If you can't attend this meeting but would like to be involved, we will capture your views in a way that works for you.

## Estate Planning and Inheritance by Co-op Estate Planning

**Wednesday 11th November, 12.00pm - 1.00pm**

**Bury Masonic Hall, parsons Lane (after our coffee morning)**



This session will provide practical guidance to help you plan for the future with confidence, covering key aspects of estate planning in an easy-to-understand way.

This session will provide practical guidance to help you plan for the future with confidence, covering key aspects of estate planning in an easy-to-understand way.

Spaces are limited, so booking is essential.
To reserve your place, please email us to book:
**enquiries@burycarershub.org.uk**

## Women's Wellbeing Group

**Tuesday 13th October, 10.30am - 11.30am**

**The Jinnah Centre, Alfred Street, Bury, BL9 7HE**

Bury Carers' Hub will be visiting the group this morning!

Come along for a friendly and welcoming session, connect with others, and find out more about the support available for unpaid carers.

We look forward to seeing you there.

For more information,
please stay in touch
with the Bury Carers' Hub team.



## Carers' Crafting Hub

**Thursday 15th October, 1.00pm - 3.30pm**

**Live Well Centre, Albert Road, Whitefield, M45 8NH**



Bring along your own craft project or join in with one of ours in a relaxed and friendly environment.

This month, we'll be learning how to make a **classic crochet granny square**, perfect for beginners and experienced crafters alike.

All equipment and refreshments will be provided.

Come along, get creative, enjoy a chat, and connect with other carers.

For more information,
please stay in touch with the Bury Carers' Hub team.

To get in touch
with the Bury Carers' Hub team:

Email: **enquiries@burycarershub.org.uk**

or Phone: **0300 303 0207**



# Information for Professionals




## Carer Awareness Briefings / Carer Champion Training / Carer Friendly Mark

Does your work bring you into contact with any unpaid carers or do you have some carers on your staff team? If so, Bury Carers' Hub offers carer awareness briefings. **The aim of the briefing is to:**

- Help you to identify carers
- Help you to understand the needs of carers
- Help you to understand how important carer health and wellbeing is
- Increase your knowledge about what support is available to carers through Bury Carers' Hub, Bury Council and other organisations
- Help you support your staff to navigate referral pathways
- Briefings can be delivered virtually via Zoom, MS Teams and face-to-face at a meeting or training session.

Bury carers' HUB

For more infomation or to book a session, please contact Bury Carers' Hub on **0300 303 0207** or email **lynsey.postlethwaite@burycarershub.org.uk**

# Useful Information

## Training for Carers

Our annual carers training calendar is coproduced with carers.
We have previously facilitated:

**First Aid Training**

**Fire Safety in the Home**

**Advocacy**

**Digital Training & Support**

**Reflexology For Wellness**

**Pathways to Wellbeing**

**Self Care / Staying Well**

**Music & Movement**

**Carer's Emergency card**
**(how can this help me)**

**Art As Medicine**
**(with our Crafting Carers Hub)**
(Postbox Toppers, Crochet, Knitting, Poppy Making, Rock Painting, Wreath Making)

The training will be advertised in the FaceBook group and The Bury Directory. The team will also speak about sessions at Coffee & Chats and individual sessions with carers. If there is anything you would like us to deliver, please let us know. We are hoping to offer 'Financial Planning' and 'Community Safety' later in the year.

Some sessions are bookable
by calling **0300 303 0207,**
sending a FB message or emailing
**enquiries@burycarershub.org.uk**
as some events have have limited numbers.



# Useful Information

## Information and Advice

Age UK Bury offers a free and confidential information and advice service for older people, their families and carers.



### How to access the service

The aim of our Information and Advice service is to support older people and their carers to enable them to live independently and manage the challenges that getting older can bring.

Our service specialises in ensuring people receive their full entitlement to benefits and supports people with applying for Pension Credits and Attendance Allowance.

### Our advisers are trained to help you on the following topics

**Social Care**
Such as finding a care home or getting some help at home, and how it's funded.

**Your Income**
Including free benefits checks, help with applying for benefits and pension advice.

**Your Home**
Information on staying warm at home, home adaptations and how to prevent falls.

**Legal Issues**
Such as wills, Power of Attorney, and how to deal with an estate.

### Opening times

Our information and advice officers are available:

**Monday to Friday,**
**9.30am to 4.00pm.**



To book a free appointment,
please email **jubilee@ageukbury.org.uk** or call **0161 763 9030.**
Our service is free but we welcome donations to keep the service up and running

## Handyperson Service

- Our service helps with small DIY and repair jobs such as fitting handrails and security locks, putting up shelves, curtain rails and wall decorations; assembling flat pack furniture; minor plumbing, painting and decorating work and changing light bulbs
- Written quotes will be given for all work. Prices are dependent on the scale and length of work being done. If you have a couple of small jobs which could be completed in an hour, it would cost £30 plus materials
- We are also working with trusted traders to help people with specialist work (e.g. replacement of boilers, roofing etc)



To get in touch please:
Telephone: **0161 796 6949**
or email: **hp@ageukbury.org.uk**

## Citizens Advice

**Citizens Advice Bury & Bolton is an independent local charity providing free, confidential advice to anyone living in Bury.**

CABB have monthly drop-ins at the weekly Bury Coffee Morning.
Guidance on the following areas is available:

- Welfare benefits
- Community care
- Money advice & energy
- Housing advice
- Immigration & asylum

**Get In Touch**

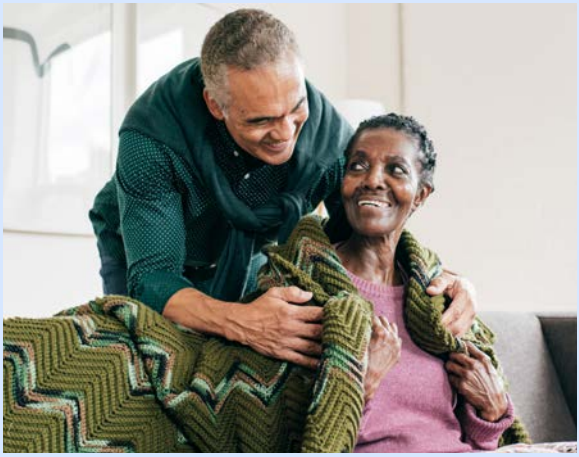
Telephone - Call us free on **0808 278 7804**.
Available Monday - Friday, 10.00am - 4.00pm



## Bury Lions Message in a Bottle

Chances are there is a bottle of milk or juice in your fridge! More than 7 million people in the British Isles also keep their personal and medical details there inside the 'Lions Message in a Bottle'. This simple idea means the emergency services can obtain potentially life-saving information in seconds when called to a home to provide assistance.

The **free** bottles come with two stickers one for the front or back door of a person's home and another to be placed on the outside of the fridge. The stickers assist the paramedics, police, fire-fighters and social services personnel to be able to allocate the bottle and find vital medical information and details of emergency contacts via the form contained within the bottle. **Ask a member of the team if you would like to receive a 'bottle'.**





# Bury Carers Emergency Card

## Planning Ahead for Peace of Mind

Bury Carers Hub is committed to supporting unpaid carers, especially during unexpected situations. The Emergency Card Scheme has been introduced to ensure that those being cared for continue to receive support even if their carer faces an emergency.

The scheme provides carers with an Emergency Card to carry with them and an Emergency Care and Support Plan to outline backup arrangements.

Carers who express interest will be given an Emergency Card and a Care and Support Plan template.

Carers will fill in the plan with details of nominated individuals, trusted people who can step in to provide care if needed. Each nominated individual receives a copy of the Support Plan, so they're prepared to help when called upon.




The names of the nominated individuals are added to the Emergency Card, which the carer keeps with them at all times. Emergencies can happen at any time. This scheme offers peace of mind to carers, knowing that there's a clear plan in place and that their loved ones will be cared for even if they're temporarily unavailable.

For further infomation, please contact Bury Carers Hub on telephone **03003 030207** or by emailing: **enquiries@burycarershub.org.uk**

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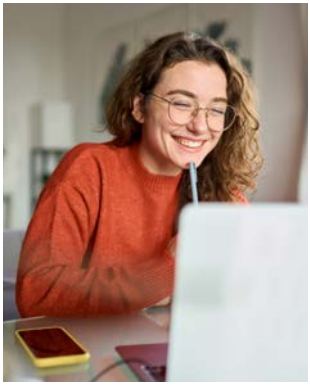
# Learning Opportunites

## Adult Learning

There is something for everyone at Bury Adult Learning. They can offer daytime and evening courses and offer a wide range of courses available for you to choose from including, employability skills, English, maths and ESOL, IT, arts and crafts, creative writing, cookery, food safety, and many more.

For more advice and information please contact Learner Services on **0161 253 7501** or Bury Adult Learning Centre on **0161 253 5772.** Our full range of adult learning courses can be found at: **https://www.bury.gov.uk/schools-and-learning/adult-learning**

## Free Adult Learning Courses



Helping Yourself to Wellbeing (HY2W) is a 5-week course to help individuals to self-care and improve their health and wellbeing. The course provides participants with the knowledge, skills and tools to improve their confidence and motivation to set realistic goals for making changes to their lifestyle. The course runs for two hours per week for 5 weeks. To gain the most benefit from the course, attendance at all sessions is highly recommended. The course does not operate on a drop-in basis. This is a friendly, informal and informative course and previous participants have given positive feedback and stated that the course 'has changed their lives'.

| Week | Subject |
|---|---|
| Week 1 | Introductory Session and Discussion Around Health |
| Week 2 | Behaviour Change – Why it isn't Easy |
| Week 3 | Self-esteem and Confidence |
| Week 4 | Dealing with Stress and Anxiety |
| Week 5 | Lifestyle Choices – Healthy Eating, Alcohol and Smoking |

The course is available to anyone over the age of 16 living, working or studying in Bury or who is registered with a Bury GP. You will need a self-referral or referal via a partner agency and must be registered with a Bury GP.

To book onto this course, please email: **BuryAdultAdmin@bury.gov.uk**
Bury Adult Learning Centre Bury Adult & Community Learning,
18, Haymarket Street, Bury, BL9 0AQ

# Bury Live Well Health Trainer Team

## Who we are

The Bury Live Well Service compromises of four neighbourhood teams that focus on the needs and priorities of each neighbourhood. Each neighbourhood team is made up of Team Leads, Health and Wellness Coaches, Exercise Referral Officers and Wellbeing Coordinators.

Our teams will provide free personalised support. We believe in creating a healthier community where everyone can:

- Start Well
- Live Well
- Age Well

We promote healthy and active living and help people to make positive changes to their lifestyle. We offer a choice of face-to-face or telephone appointments.

## Why we are here

We are here to offer support and inspiration so that everyone can own their health, wellbeing and choose a healthy, active and fulfilling life. As we get older, there is a heightened risk of people developing long term conditions, such as high blood pressure, heart disease, type 2 diabetes or poor mental wellbeing. We help people:

- Adopt a better lifestyle (to reduce the risk of developing one or more long term conditions)
- Manage long term conditions (to help them stay as independent and healthy as possible, prevent complications and the need to go to hospital)

We have supported thousands of people across the Borough of Bury to reach a healthy weight; build more activity into their daily life; stop smoking; eat better; and generally, improve their health and wellbeing. We are here to help people stay well, stay independent, and enjoy life for longer.

## The support we provide

We offer a broad range of support services to help keep people well, in the best possible health, physically, mentally, socially and emotionally. We support people with:

- Getting more active, more often
- Keeping mobile, preventing falls and maintaining independence
- Eating well and maintaining a healthy weight
- Preventing or coping better with long term conditions
- Maintaining a healthy mind and managing stress, anxiety or a low mood
- Reducing how much alcohol you drink
- Quitting smoking and becoming smoke free
- Family health and wellbeing
- Finding new activities and opportunities for connecting with others
- Breastfeeding successfully

## We help people

- Take control and turn their life around for the better
- Gain the confidence to try something new
- Bounce back and stay strong
- Reach their full potential to live a happier, healthier life

## Want to get started with finding a happier, healthier you?

To acccess our help you will need to either:

- Make a self-referral
- Make a supported referral (when you get help from someone else to make your referral, for example a friend or family member)
- Ask your GP or health practitioner to make a referral on your behalf

Children under 16 must be referred by their parent or guardian, or by their GP or health specialist.

### Contact Us

For more infomation:
Telephone: **0161 253 6668,** Email: **livewell@bury.gov.uk**
or visit: **www.bury.gov.uk/health-and-wellbeing/bury-live-well-service/about-bury-live-well-service**

Thriving IN BURY

## Wellbeing Support

Emotional & Mental Wellbeing Support in Bury.

**The Bury Directory Wellbeing Hub**

Central point that details all the support available, ie Support by Phone, Support, Online, Talking Therapies, Bereavement Support, Support for Staff.

**https://theburydirectory.co.uk/support-for-adults**

**https://theburydirectory.co.uk/bereavement-support**

Tel: **0161 983 0902**



| | |
|---|---|
| Monday | 9.00am - 5.00pm |
| Tuesday | 9.00am - 5.00pm |
| Wednesday | 9.00am - 8.00pm |
| Thursday | 9.00am - 5.00pm |
| Friday | 9.00am - 5.00pm |

(Except bank holidays).

# Other Useful Infomation

## Discounts for Carers

There are several discount and special offer cards for carers which may be useful to you. Visit each website for more information on the offers…

discountsforcarers

Discounts for carers have a huge range of discounts, money-saving deals and vouchers, join for free at discountsforcarers.com

CARERSMART benefits discounts offers

CarerSmart offer, benefits and discounts to Carers and people with care needs

www.carersmart.org

CEA CARD

Cinema CEA card is an annual card you pay for that gets a carer a free ticket when they accompany the person they care for.

www.ceacard.co.uk

MERLIN ANNUAL PASS

Merlin annual pass has a complimentary pass for carers.

www.merlinannualpass.co.uk

National Trust

The National Trust has an Essential Companion card that allows you free entry if you are with the person you care for

www.nationaltrust.org.uk/features/access-for-everyone

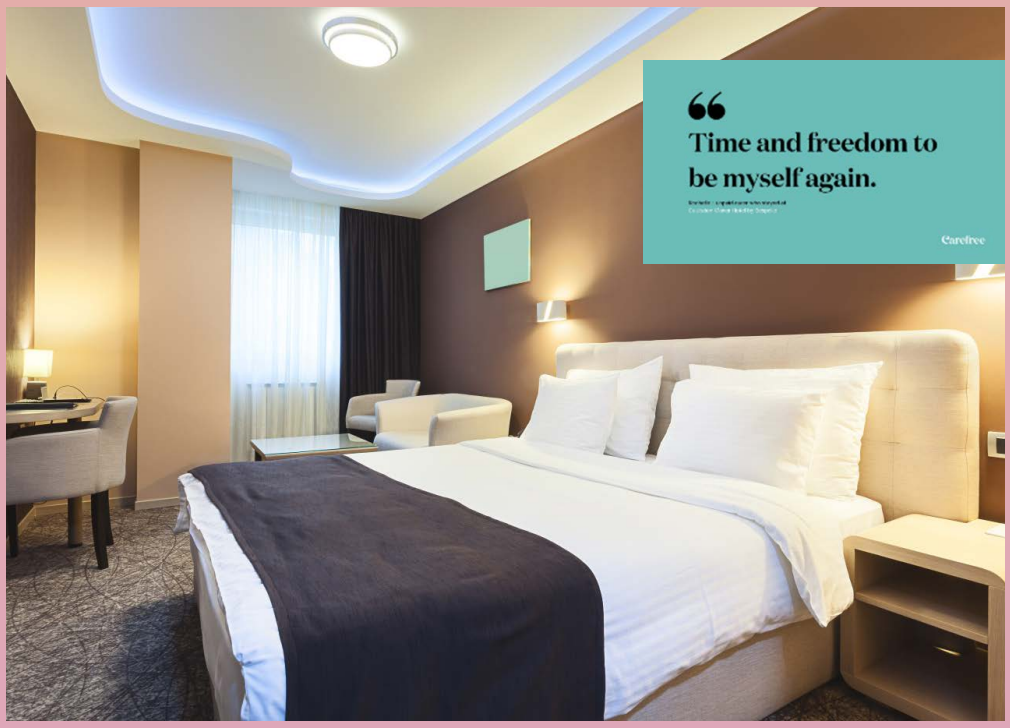
# Carefree

## Take a short break from your caring role with **Carefreespace.org**

**Bury Carers' Hub has partnered with Carefree, a charity transforming vacant hotel rooms into vital breaks for full-time unpaid carers. The breaks are all across the UK and cost just £33 in admin fees. You can take a companion with you (but not the person you care for) so you can take a break from your caring role to help with your health and wellbeing.**

**You must be 18 and care for someone for 30 hours a week; the breaks include your accommodation and breakfast; you must be able to provide respite for the person you care for and pay for extra expenses (travel, other food etc.) All bookings are made online, so you must be able to do this or have someone to help.**

**To access this opportunity, please contact the Bury Carers' Hub on 0300 303 0207 or email enquiries@burycarershub.org.uk who will make the referral on your behalf.**



# Travel Vouchers for Disabled People




## Transport for Greater Manchester (TGFM)

If you can't use ordinary buses because you're blind or have serious walking disabilities you could be eligible to buy vouchers for discounted travel taxis including taxis, private hire vehicles and community transport schemes like Ring & Ride.

## Do you qualify?

To qualify for travel vouchers, you must:

- Be registered as blind; or
- Get Disability Living Allowance (DLA) with the higher rate mobility component; or
- Get Personal Independence Payment (PIP) with 8 points or more for moving around; or
- Get higher rate Attendance Allowance; or
- Get War Pensioners Mobility Supplement; or
- If you don't get any of those benefits, but you can't walk 100 metres, or climb steps of 30 centimetres – as long as a doctor confirms this.

## Apply for travel vouchers and for more information

- You must be a member of the travel vouchers scheme to order travel vouchers.
- If you are not currently a member, please phone **0161 244 1000** for an application form. Once you have completed an application form, please send this to the address stated on the form and your application will be processed.
- Once you are a member of the travel voucher scheme, you can then order your vouchers over the phone or by completing an order form that will be sent to you in the post.

For more infomation please visit:
**https://tfgm.com/public-transport/ring-and-ride-minibuses**

Circle

# Circle NOW OFFERS
# DIGITAL HOME VISITS

## FREE HELP WITH YOUR SMARTPHONE, TABLET, LAPTOP & OTHER TECH!

## FOR PEOPLE AGED 50+ IN THE BOROUGH OF BURY



- Need help with your tech?
- We come to you!
- Completely FREE of charge
- Friendly support in your home

## Call or Email to Book

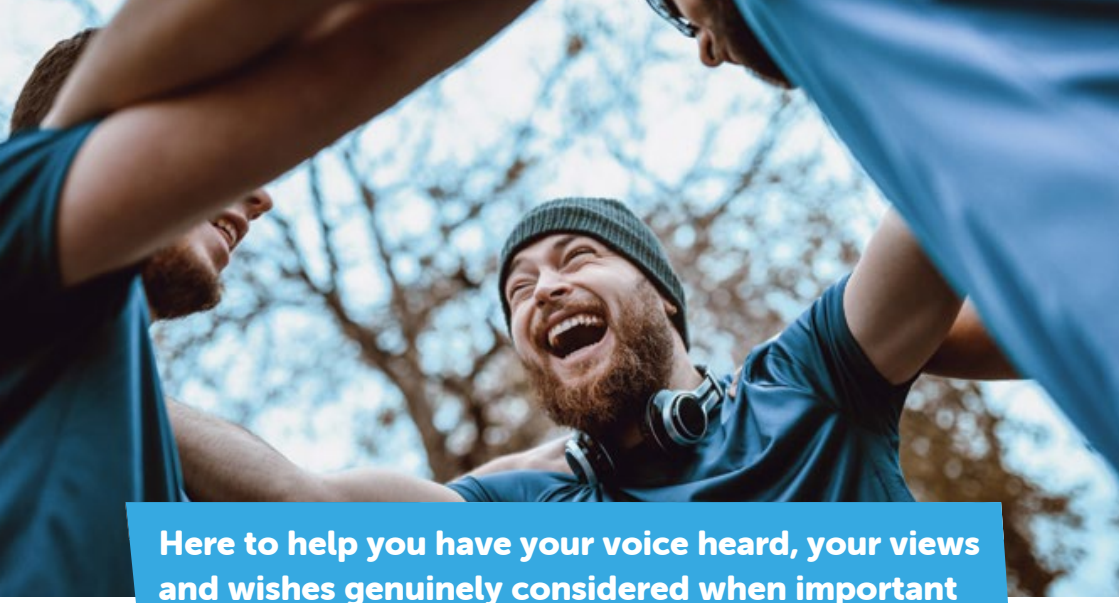
Phone: 01706 751165

Email: claire@hmrcircle.org.uk

Circle

VCFA BURY VOLUNTARY, COMMUNITY & FAITH ALLIANCE

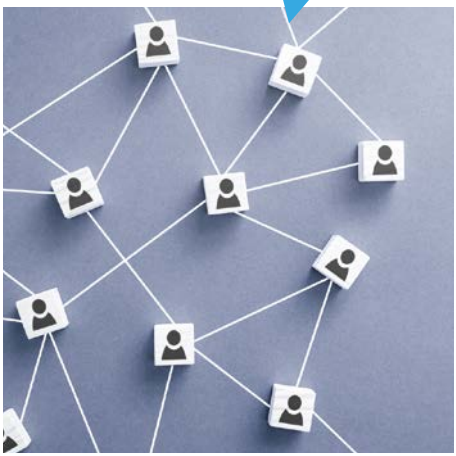
Bury Council

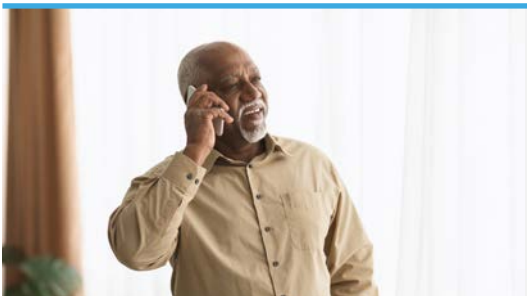


**Here to help you have your voice heard, your views and wishes genuinely considered when important decisions are being made about your life.**

## Our advocates can help you to:

- Understand and secure your rights
- Find the information you need
- Have your voice heard when you communicate with Health and Social Care Services
- Access the services you need and have a say about the care you recieve
- Develope your own skills, knowlage and confidence for you to take control of your situation





**If you want to find out more about how the Bury Advocacy Hub can help you please give us a call:**

**0300 3030206**

# Useful Numbers

**Bury Adult Care Connect and Direct**
0161 253 5151

**Bury Council**
0161 253 5000

**Emergency Duty Team (Emergency Out of Hours)**
0161 253 6606

**Staying Well Team**
0161 253 5151

**GMP Headquarters**
0161 872 5050

**AGE UK Bury**
0161 763 9030

**Bury VCFA**
0161 518 5550

**GM Fire and Rescue (Free Home Check)**
0800 555 815

**Citizens' Advice Bury & Bolton**
0808 278 7804

**Fairfield General Hospital**
0161 624 0420

**Healthwatch Bury**
0161 253 6300

**Creative Living Centre (CLC)**
0161 696 7501

**Andy's Man Club Bury**
www.andysmanclub.co.uk

**Bury Directory (CARERS)**
theburydirectory.co.uk/services/bury-carers-hub

**Carers UK Helpline**
0808 808 7777

**Samaritans**
116 123





## 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 **0300 303 0207** or email **enquiries@burycarershub.org.uk**

Note: If you would like to read any part of this newsletter in large print, please call **0300 303 0207** or email **enquiries@burycarershub.org.uk** to make your request.

Disclaimer- 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/539244240286738** or call **0300 303 0207** before setting out.

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