

Autumn/Winter 2023/2024

Bury

carers'
HUB

Newsletter



ONE
IN EIGHT

people in the UK
are carers

Welcome
to the

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Bury
Carers' Hub
Newsletter

n|compass
towards a brighter future

Bury
Council

Greater
Manchester
Integrated Care
Partnership

Welcome To The Autumn/Winter Edition Of The Bury Carers' Hub Newsletter.

We hope that you have all had a lovely warm summer, despite the Manchester rain!

Bury Carers' Hub is your service. We listen and try to be always helpful, supportive, and understanding. The service has continued to develop and grow. Everyone's wellbeing is so important to us as a team. Our service is centred around YOU, so please do reach out and tell us what you'd like to see.

Reflecting on the last few months, we've had a wonderful time delivering our regular events and providing extra activities as part of Carers Week. If you have joined us at any time, we hope you enjoyed your time spent with the team and meeting other carers.

We are so pleased to be offering 2-3 activities every week and hope you enjoy meeting the team and other carers in different venues throughout the borough. We are also offering 1-2-1 visits in your home, community, and wellbeing walks.

We are still offering a host of Zoom activities and workshop sessions and we do hope you will be able to join us for some of them. If you have not used Zoom before, go to <https://zoom.us/meetings> to register or just copy and paste the meeting link provided under each activity into your browser. Many of the activities we are offering are held on a weekly or fortnightly basis and include some evening and weekend sessions.

We have everything from Coffee and Chats to exercise, and relaxation sessions for you to enjoy and meet other carers from Lancashire, Staffordshire, Rochdale, and Warrington.

We are here to support you and can be contacted through our Service Access Team on **0300 303 0207** or by emailing enquiries@burycarershub.org.uk

Please let us know if you change your postal or email address so we can update your details.

You can always keep up to date with our service offer and new opportunities by visiting our website <https://www.n-compass.org.uk/> www.burycarershub.org.uk

The Bury Carers' Hub team would like to say a massive thankyou to all our volunteers. You know who you are. We really appreciate your support. You all really make a difference. ❤️

We welcome and value your feedback, comments, and suggestions! As always, we are here if you need us. Please don't hesitate to contact us if we can be of any help.

We have already planned some Autumn/Winter activities, training, and events. Please keep in touch and be part of the Bury Carers' Hub experience. Be well, stay safe and we hope to see you very soon!

Bury Carers' Hub Team x

How to Contact Us

BURY CARERS' HUB

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

General Email: enquiries@burycarershub.org.uk

Website: www.burycarershub.org.uk

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

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Disclaimer

Please note that whilst Bury Carers' Hub do our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call us before attending. Every care has been taken in the publication of this newsletter. However, Bury Carers' Hub will not be liable for inconvenience caused because of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.





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.

Who is a Carer?

A carer is someone who cares for a family member, friend or neighbour who could not manage without their support.

A carer may not always live with the person they care for, but their help can often be essential in enabling that person to go on living independently. Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

Caring for someone covers lots of different things, like helping with their washing, dressing, or 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 affected?
- Are you thinking about giving up work to care?
- 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 is a carers assessment and how do I get one?

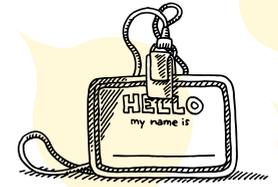
The Care Act 2014 states any carer who appears to have a need for support should be offered a carers assessment. This will give you the opportunity to discuss what information is available and find out what community support is available locally.

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 carers assessment, please contact the Connect and Direct Hub on **0161 253 5151**.

Meet The Team

Our friendly and experienced team at Bury Carers' Hub have extensive knowledge of working with carers throughout the Borough of Bury.



Jayne Harrison
Service Manager

Jayne is the point of contact for our local partner organisations and leads on developing our service including activities, training workshops and events. She has been working directly with carers for 21 years. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways and supports the team.

Our Carers Information and Support Officers work primarily in the local community providing information, advice and guidance for carers on an individual basis. They provide group activities at our weekly Coffee and Chats.



Debbie Graham
Carers Information and Support Officer
Debbie has worked with unpaid carers for over 6 years and is always there with a listening ear and a smile. Debbie is also a carer and understands how this can impact on an individual's wellbeing.



Jacqui Byron
Carers Information and Support Officer
Jacqui has worked in carer support for many years with different organisations and has a 'can do' approach to everything. Jacqui is a great communicator and is always positive.

We also have 4 'Friends of Bury Carers' sitting on the Carers Strategy Partnership Board. Carole, Alec, Peter and Graham meet with Bury Council employees and other board partners quarterly. They offer governance and a link between carers and the commissioning bodies. We also have a volunteer former carer who supports local food banks and pantries by collecting and delivering donations. **If you would like more information on how you can develop and shape services, please speak with a member of the team.**



Meet The Team



Christine Mercer
Carers Information
and Support Officer

Christine is a great addition to the Bury Carers' Hub team and has vast experience within mental health and working in the third sector and NHS.



Isis Holland
Carers Information
and Support Officer

Isis has worked within carer services for 6 years and has a great understanding of how being a carer can impact on an individual's wellbeing. She is always there to provide support and information.



Rachel Grocott
Student Social Worker

Rachel is on placement with Bury Carers' Hub as part of her university course. You will get to meet her at groups and activities, and she is keen to learn everything about carers and what support is available.

Say hello to our wonderful volunteers!



Judith is a carer and volunteers for us. She supports carers on our CHAT Line and our Penpal service. Judith makes calls to carers who are isolated at home and chatting improves their wellbeing and reduces isolation. Judith is a real gem.



Tim started volunteering in March 2022 and has become a firm favourite with the staff and carers. He welcomes people to our weekly coffee mornings and makes sure everyone has a good experience.

What Others Say About Us

"What carers often need is to feel cared for and understood. That's what Bury Carers' Hub does for me. It makes a huge difference to my life, and consequently to my son's. Their presence has been enough to help me keep my little boat afloat when things have looked very bleak. The regular coffee morning is the sunny spot in my week. And the cheerful social occasions are underscored by the staff's highly professional, knowledgeable individual casework when it's needed. They really 'get it' — and give good hugs too! I can't imagine how I'd cope with my caring role without the backup of the Carers' Hub". **Carer**

"Received today a simple little gift and card that was perfectly timed. That gift and card gave me a tremendous lift and meant so much. Thank you so much!". **Carer**



"Thank you to all the lovely team from Bury Carers for an enjoyable walk around Heaton Park — lovely weather and good company. Thanks also for coffee morning yesterday, Ice Cream van will always be remembered!". **Xx Carer**

"I have been guided, informed and supported through the service. I have been kept in touch with on a regular basis, which has empowered me to support and care for my parents knowing I have someone to talk to". **Carer**



"Jayne and her wonderful staff at Bury carers hub are absolutely amazing". **Volunteer**

"We have worked with Jayne and her team. Great service to our population. Recommend attending regular carer's meetings at Masonic Hall, Bury on Wednesday's". **Practice Manager**

What We've Been Up To!

The team are always planning and delivering groups and activities throughout the borough of Bury. We have had cake and icecream, offered free legal support for carers, walked and talked and facilitated training. The smiles tell us so much....THANKYOU



Celebrating the Hospital Project



Foodbank Donations



Bury Carers Hub CARERS WEEK 2023 5TH - 11TH JUNE Carers Week



Staying Well



Cheers Bury Carers' Hub



Yummy

We listen to all your suggestions and try to accommodate all requests. Please let us know if there is anything you would change or want the team to look at delivering. It's your service.

Social Media

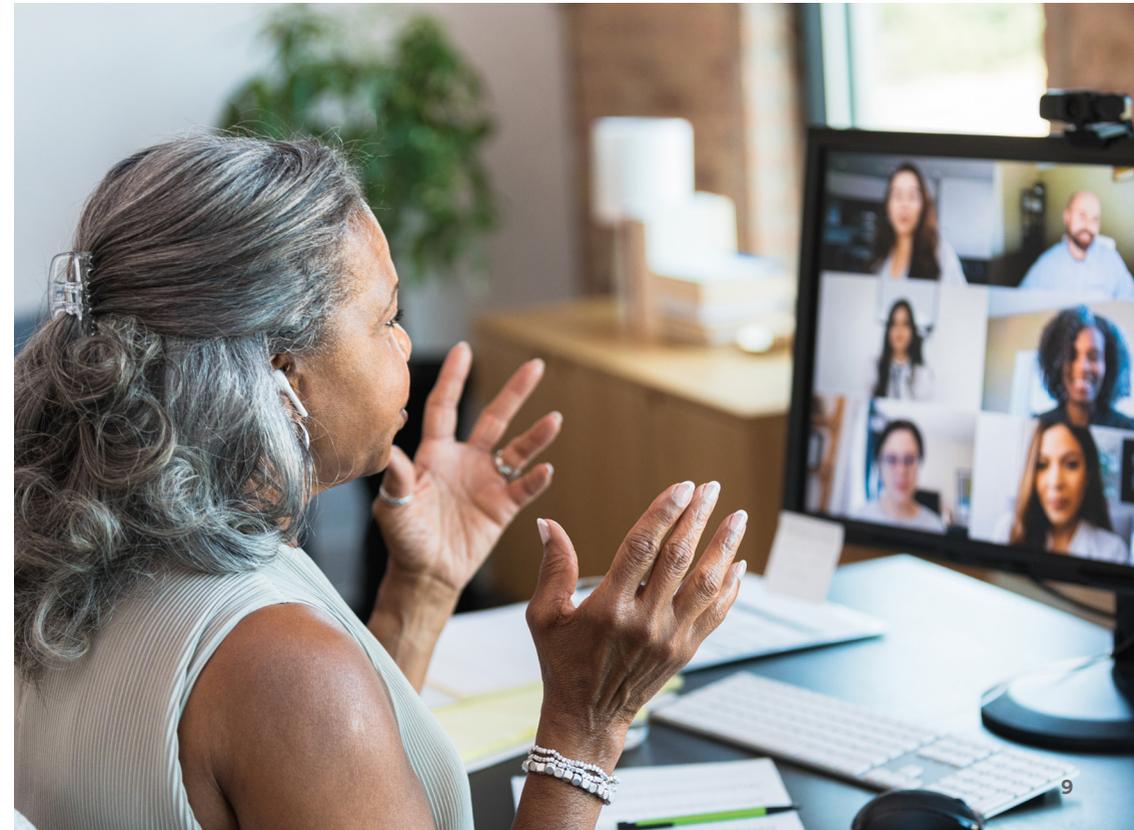
f Facebook

Please "like" our Facebook page by logging into Facebook and searching for 'Bury Carers' Hub' or click on the following link <https://www.facebook.com/Bury-Carers-Hub-100983494977654>

Once you have liked and followed our page, you can also join our group for Adult Carers — this is a closed group for carers in Bury. Here we keep you updated regularly with activities and events across the borough, and we will also post any news or offers. To join the groups, you should be able to find them within the page, or search for 'Bury Carers' Hub Group'.

X (formally Twitter)

Follow us @_ncompass



Carers Clinics

Activities For Carers

Meeting up face to face with our carers is what makes our job so special. We offer weekly and fortnightly Carers Clinics. You do not need to be registered with Bury Carers' Hub to come along. Please note that dates over the xmas period and other public holidays may effect opening. 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 FB <https://www.facebook.com/Bury-Carers-Hub-100983494977654>.

Radcliffe

The Radcliffe Carers Clinic meets **FORTNIGHTLY, TUESDAY's 10.30am–12.00pm**. We are at the 'Listening Ear Café' United Reform Church, Blackburn Street, Radcliffe. 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.

DATES: 7th Nov, 21st Nov, 5th Dec and every fortnight.

Prestwich

Our Prestwich Carers Clinic is **FORTNIGHTLY on THURSDAY's 10.30–12.30pm**. We deliver this in partnership with Julie Bentley, Social Prescriber for Prestwich Primary Care Network. The venue is **The Croft, St Hildas Church, Whittaker Lane, Prestwich**.

DATES: 2nd Nov, 16th Nov, 30th Nov and every fortnight.

DID YOU KNOW?

We offer a monthly timetable of all events. These can be emailed to carers registered with our service. They are also uploaded to Facebook and The Bury Directory. We also have hardcopies available.

Whitefield

Come and join us on a **MONDAY 1.00pm–2.30 pm** every **FORTNIGHT** at **The Sir Robert Peel Sunnybank Road**. Joanne the manager always makes us very welcome.

DATES: 30th Oct, 13th Nov, 27th Nov and every fortnight.

Bury Central

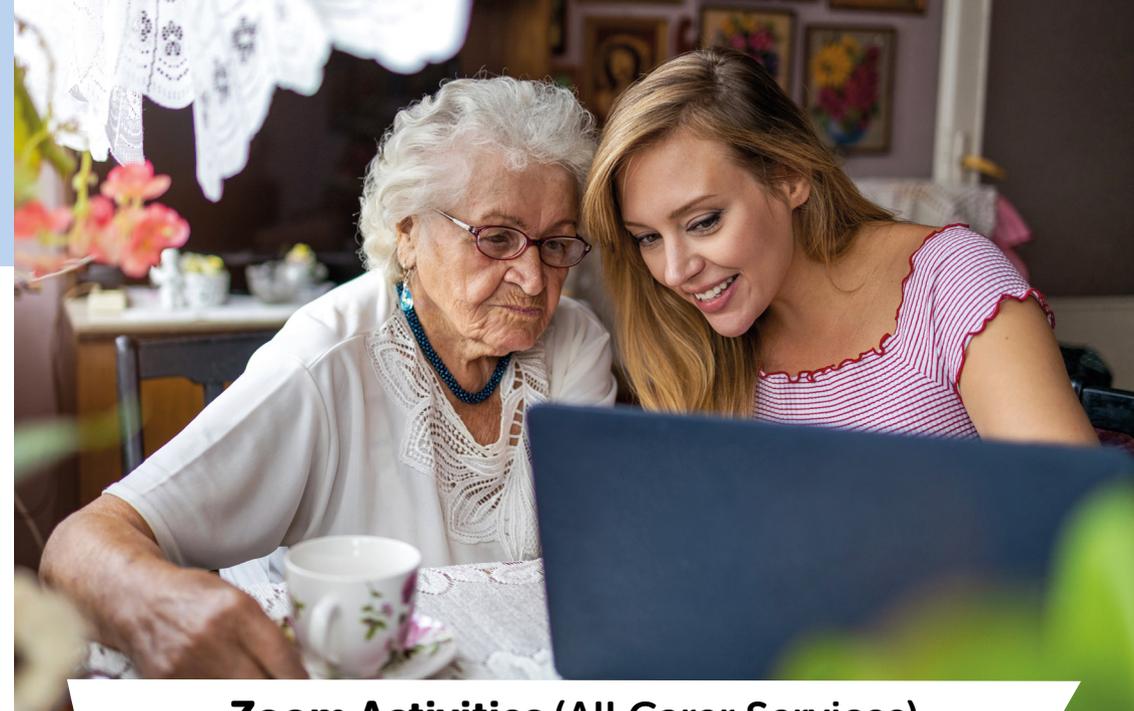
The Bury Carers' Hub Team host a **WEEKLY** coffee morning at **BURY MASONIC HALL, Parsons Lane, Bury, WEDNESDAY 10.30am–12.00pm**. Refreshments are served free of charge. It is an informal and friendly gathering of carers and their loved ones if they wish to come along. We have singing, laughter, guest speakers and a really supportive and safe space to meet.

DATES: 1st Nov, 8th Nov, 15th Nov and weekly.

Bury North

We meet at **Owens Restaurant and Bar, 10 Railway Street, Ramsbottom**, on the **LAST FRIDAY of every month 10.00am–11.30am**. The Bury Carers' Hub team will be there to welcome you with a smile and will buy coffees, teas and soft drinks.

DATES: 27th Oct, 24th Nov and monthly.



Zoom Activities (All Carer Services)

Please ask for the joining details by calling **0300 303 0207**. You need to be registered with Bury Carers Hub to join these sessions.

1. Distance Reiki

Every Wednesday 2.00pm to 3.00pm

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWxWnMwZz09>

Meeting ID: 813 5194 3140

Password: 940735

2. Seasonal Flow Yoga

Every Wednesday at 6.15pm

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDdrcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

3. Yoga Nidra (guided meditation) with Maxine

Every Thursday at 7.00pm

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916



Thursday 23rd November, 2023
Please keep in touch for more information.

Walk and Talk With Us

n-compass Bury Carers' Hub, Stepping Out with The Ramblers

Join Us For A Carers' Walk In Local Parks. A scenic, sociable, active outing with refreshments and transport provided (if needed).

- The walks are low level and wheelchair accessible
- Planning is already underway for our Autumn and Winter walks programme so please keep in touch, check our website, social media or speak with a member of the team. Please wear appropriate clothing as all walks are weather dependent.

Places limited therefore booking essential. For more information, please contact: Bury Carers' Hub Jacqui.Byron@burycarershub.org.uk 0300 303 0207



Carers' Rights Day this year is on Thursday 23rd of November, 2023. This is an annual event run by Carers UK. It's a great opportunity to raise awareness of carers' rights. Many carer support organisations across the UK, run events. Bury Carers' Hub will be organising a couple of extra sessions during the week of Carers Rights Day.

Carer Training

We have a timetable of training and awareness sessions delivered by other services and providers running from June 2023–May 2024. We are waiting on confirmed dates for Nov–Feb.

Sessions we will be offering include:-

- Fire Safety: Greater Manchester Fire and Rescue
- Keeping safe in the community: Greater Manchester Police (Bury)
- Understanding Adult Social Care: Bury Council Integrated Team
- First Aid for Carers: Bury Adult Learning
- Staying Well and Active: Living Well Service
- Crafting for Relaxation: Carer Led Session

The training will be advertised on Facebook and The Bury Directory. The team will also speak about sessions at Coffee & Chats and individual sessions with carers.

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

Festive celebrations

The team will be hosting extra special events in the few weeks leading up to the Christmas holidays. There will be a Xmas buffet/party on 20th December. Join us for a raffle and sing along. Watch this space for more details.



Volunteer with us

Bury Carers' Hub is recruiting to our 'Friends of Bury volunteer roles. The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to carers, 24 hours a day. It is manned entirely by volunteers who work from the comfort of their home.

We also offer Peer Befriender roles at our Carers Clinics and Weekly Coffee Morning. You can help with refreshments, chat with, and listen to carers and be a part of the Bury Carer's Hub Team.

Volunteers also support our services in many other ways. If you are interested to hear more, we would love to hear from you! Please call **0300 303 0208** or email volunteering@burycarershub.co.uk Full training and ongoing support is offered, and travel expenses will be reimbursed.

Would you like our friendly Volunteers to call you?

Our n-compass CHAT Line telephone support line is now offering calls to carers. Our trained volunteers would like to offer a listening ear to carers, provide emotional support, or have a friendly chat. If this is something you are interested in and would welcome a friendly chat with one of our volunteers, please contact our Service Access Team on **0300 303 0207** calls charged at a local rate or enquiries@burycarershub.org.uk

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 hand-written letters with you once a month using good old-fashioned pen, paper, and The Post Office!

This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much-needed boost to your wellbeing. The Volunteer Hub at n-compass will provide a freepost reply envelope with each letter you receive, so you will not have to pay postage.

The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared.

You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

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 Offer

Carers Contact Line

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call to, or to take a message for, a Carers Information and Support Officer. To talk to a Service Access Advisor please call **0300 303 0207**.

Support from a named Carers Information and Support Officer

Discuss with a dedicated Support Worker, how being a carer affects you and highlight any support you may need. We can provide you with information and support to access a break from your caring role and can facilitate access to community health and wellbeing services, activities and much more. We have experienced and skilled staff in fields such as dementia and mental health.

Carers Help and Talk (CHAT) Line

Do you sometimes want to talk but feel that there is no one to talk to? Don't remain silent — call the Carers Help and Talk (CHAT) Line. All calls are answered by our volunteers who can offer understanding with regards to the common challenges faced by carers. Our CHAT Line is available 24 hours a day, 7 days a week, 365 days of the year. To talk to one of our volunteers please call **0330 022 9490** calls charged at a local rate. If your call is not immediately answered by one of our volunteers, please try calling again.



Carers Community Network Platform

We are thrilled to offer our digital Carers Community Network Platform. This is a virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing, particularly during these strange times.



It only takes a minute to sign up and, once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 1900 active members who are looking forward to connecting with you!

Once you have joined, please read the Carers Community Network Terms of Use and Privacy Policy and The Mighty Network Terms of Use and Privacy Policy. Each time you use the Community Network Platform you are agreeing to all these Terms of Use and Policies.

If you would like to join our Carers Community Network Platform, please contact our Service Access Team on **0300 303 0207** calls charged at a local rate or enquiries@burycarershub.org.uk

Information For Professionals

Carer Awareness Briefings/Carer Champion Training

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.

- 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.

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

To request a briefing, please contact Bury Carers' Hub **0300 303 0207** or email Jayne.harrison@burycarershub.org.uk



Local Services For Local People

Key websites for residents and useful telephone numbers

Bury Adult Care Connect and Direct | Call: 0161 253 5151

Bury Council | Call: 0161 253 5000

Emergency Duty Team (Emergency Out of Hours) | Call: 0161 253 6606

Staying Well Team | Call: 0161 253 5151

GMP Bury | Call: 0161 872 5050

AGE UK Bury | Call: 0161 763 9030

Bury VCFA / Beacon Service | Call: 0161 518 5550

GM Fire and Rescue (Free Home Check) | Call: 0800 555 815

Citizens Advice Bureau | Call: 0300 330 9071

Fairfield General Hospital | Call: 0161 624 0420

Healthwatch Bury | Call: 0161 253 6300

CAB | Call: 0808 278 7804

Creative Living Centre (CLC) | Call: 0161 696 7501

Andy's Man Club Bury | Visit: www.andysmanclub.co.uk

Bury Directory (CARERS) | Visit: <https://theburydirectory.co.uk/services/bury-carers-hub>

Carers UK Helpline | Call: 0808 808 7777



Partner Agencies



We are an independent consumer champion for health and social care and have significant statutory powers to ensure your voice as local people is strengthened and heard by those who commission, deliver, and regulate health and care services.

We:

- Listen to your views and experiences on the way health and social care services are delivered
- Provide you with relevant information about local health and social care services
- Use your views to influence how services can be improved
- Make your views known, in order to influence the design of future services

Tell us about your experiences of:

- NHS Hospital Trusts/Foundation Trusts
- Local Authorities — adult social care homes, day centres and domiciliary care
- GP's
- Dentists
- Pharmacies
- Opticians
- Mental health services
- Carers at home



Contact Details:

Telephone: 0161 253 6300

Email: info@healthwatchbury.co.uk

Website: www.healthwatchbury.co.uk

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.

To book a free appointment, please email info@ageukbury.org.uk or call **0161 763 9030**.

Our service is free but we welcome donations to keep the service up and running.

Opening times

Our information and advice officers are available Monday to Friday, 9.30am to 4.00pm.



Topics we cover

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.

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).
- Contact Sue on **0161 796 6949** or email hp@ageukbury.org.uk
- Office hours 8:30am – 4:00pm, Tuesday/Wednesday/Thursday.

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 locate 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'.



The Crown Veterans Breakfast Club



**Friday 9:30am-11:30am
at The Mosses Centre, Bury.**

The Bury Carers' Hub Team are big supporters of this voluntary group. Veterans can be carers or need support from another person. We have created strong links with the founders and join the group bimonthly. The Crowns Veterans Breakfast Club is a meeting place for likeminded people. Armed forces, regular and reserves, Veterans, Blue Light Services, and family members are all shown a warm welcome.

Citizens Advice Bury and Bolton

citizens
advice

Citizens Advice Bury and Bolton is an independent local charity providing free, confidential advice to anyone living in Bury on:

- Welfare benefits
- Community care
- Money advice and energy
- Housing advice
- Immigration and asylum.

Telephone Call us free on **0808 278 7804**. Available Monday–Friday, 10am–4pm
In person. Visit our face-to-face drop in at 1st Floor Castle Buildings, 5–10 Market Place, BL9 0LD. Available Tuesday, 10am–3pm.

Alan from the CAB will be providing 1-2-1 sessions to carers at the Wednesday coffee morning on **6th December** and **7th February**.

Get Online Bury

The Get Online campaign helps Bury residents access the internet and learn about using computers. We can help you with things that:

- you have to do — such as applying for housing, claiming benefits like Universal Credit, or looking for a job
- you want to do — such as looking for cheaper energy deals which may be only available online
- you like to do — such as shopping, researching family history, or keeping in touch with friends and family by email and social media

We do this by providing:

- free public access computers at council offices and libraries throughout the borough
- learning courses on how to use computers and the internet
- one to one support from trained council staff or volunteers, to help you complete tasks you need to do
- free wi-fi connection to the internet in some council buildings and all libraries so you can bring your own laptop or tablet

Free computer and internet access

Access to free computers and the internet is available at Digital Hubs and libraries across the borough. You will need a library card to use one of our computers. If you're not already a member, it's free and you can join immediately at any of our libraries or Digital Hubs. Just bring proof of your name and address with you.

- Digital volunteers and library staff on hand to help
- Free wi-fi in all libraries
- Online Basics and Digital Buddy sessions available.

Radcliffe Digital Hub

7 Whittaker Street, Radcliffe, M26 2TD

Open: Monday to Friday 9.00am to 5.00pm

- 14 computers (no need to book)
- Staff on hand to help complete online application forms.

Bury Town Hall Digital Hub

Bury Town Hall reception, Knowsley Street, Bury, BL9 0SW. Open: Monday to Friday

8.45am to 5pm.

- 4 computers (no need to book)
- Staff on hand to help complete on line application forms.

Libraries

There are 4 libraries across the borough, offering free computer and internet access. Many libraries are open at weekends, and some are open in the evening.

Free learning courses

There is something for everyone, whether you are an absolute beginner, or you already have a computer and just need some help to get the most out of it.

If you feel you need more advanced training than a single session will provide, you might want to consider a course provided by Bury Council's Adult Learning Services. Please note there are charges for these courses, which run for 6 to 10 weeks. Courses on offer include:

- Computers Made Easy
- ITQ/ECDL qualifications.

Online courses

- Learn My Way — a web site of free online courses for beginners, helping you develop digital skills to make the most of the online world
- Digital Unite: Technology guides — a series of guides about all aspects of using computers.

Bury Adult Learning Health And Wellbeing Courses

Are you feeling down, anxious, fed up, experiencing low mood or know someone who is?

Bury Adult Learning Service can offer a **FREE** course for people (19+) that are experiencing these conditions with the aim of helping to improve mental wellbeing. If you want to know more about these courses and are experiencing a mild to moderate mental health condition, or you know of somebody who is, please contact Bury Adult Learning Service on **0161 253 5772**. For dates and times, please call us.



Mindfulness

This very relaxing course will develop your understanding of how to use Mindfulness as a tool to support your wellbeing. Bringing Mindfulness into your life can help with; negative thoughts, pain and defuse the stress which daily life can cause. Developing Mindfulness techniques can also help when dealing with stressful situations such as job interviews or starting a new job.

Art To Reduce Anxiety & Stress

For many people art provides an opportunity to relax, which frees their creativity. Join us for a relaxing evening and explore different art techniques using them to produce pieces of art you will be proud of.

Self-Care Sanctuary

This course introduces you to the importance of self-care practice for living a healthier, happier, and more productive life. Learn to make changes and develop and practice an array of holistic self-care actions to apply to a regular self-care routine.

Creative Writing for Wellbeing

Undertaking a creative activity and learning a new skill can help improve our mental health, wellbeing and help us to relax. This creative course aims to give you the outlet to be able to express your thoughts and emotions and develop your writing skills to release your creative potential. During this course you will be introduced to a variety of literary devices to help improve your writing skills for short story, poetry, scriptwriting (for both screen and stage) and monologue, purely for enjoyment and wellbeing.



Improve Your Mood Through Food

Learn how to cook simple, healthy meals including looking at the theory behind food and how what we eat can affect how we feel. Develop an awareness of how to improve a healthier lifestyle by making healthier food choices. Also learn about the many opportunities for employment or self-employment within the catering sector.



Bake Yourself Happy

A creative course combining baking, both sweet and savoury dishes and learn how to create some simple cake decorations. Come and experience how participating in a creative activity with others can be fun and help you relax. Also learn about the many opportunities for employment or self-employment within the catering sector.

We offer:

- 1:1 meeting with a member of our team
- Qualified tutors with empathy and experience in mental health who will help you learn in a fun and relaxed manner
- Friendly, welcoming venues
- Support to build your confidence, learn something new, make friends and have some “time out”.

Helping Yourself to Wellbeing course

A seven week course designed to provide people with the knowledge, skills and tools to improve their health and wellbeing. It aims to provide you with the confidence and motivation to set realistic goals for making changes to your lifestyle.

The course covers behaviour change, self-esteem and confidence, dealing with stress and anxiety, healthy eating, alcohol and smoking, physical activity, sexual health and managing minor ailments and dementia prevention.

[Find out about the Helping Yourself to Wellbeing course](#) on the Bury Directory.



Bury Live Well Health Trainer Team



We provide free personalised support to help with making changes to improve your health and lifestyle.

Get support to:

- Drink less alcohol
- Eat healthier
- Quit smoking
- Improve your overall wellbeing.

We will:

- Listen to you
- Support you to change your lifestyle.
- Encourage and motivate you
- Help you set goals and make plans
- Suggest ways to overcome barriers to make improvements
- Accompany you on your journey to become a healthier you.

Where you will find us

We operate from a variety of venues across Bury, including sports centres, community centres, children's centres and GP surgeries. Book your free personalised support session.

To book a support session phone: **0161 253 7575** or email livewell@bury.gov.uk



Thrive In Bury

THE BURY
DIRECTORY



Wellbeing Support

For mental wellbeing support in Bury, there are two main offers.

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).

Bury Getting Helpline

0161 464 3679 open Monday to Saturday 8.00am–8.00pm, confidential mental wellbeing support.

Both will help put people in touch with the right support for them, and the Helpline will provide listening ear and self-care advice and resources.

Out and About

Bury Leisure

Bury Leisure is open. Its gyms, pools and outdoor fitness sessions are up and running. They are also taking bookings for squash, badminton, and table tennis.

For further details, go to:

<https://www.bury.gov.uk/buryleisure>

Bury Market

Bury Market is fully open. Recently voted 'The Best Market in Britain'.

All stalls are once again there to welcome you on the regular market days of Wednesday, Friday, and Saturday, with Market Hall and Fish and Meat Hall stalls also being open on Monday, Tuesday, and Thursday. #Shoplocal

OPENING TIMES

- **Market Hall:** Open every day, except Sunday, 9.00am–5.00pm.
- **Fish and Meat Hall:** Open Mon to Friday* 9.00am–4.30pm. Open Saturday 9.00am–5.00pm. *Closed Tuesday pm and all-day Sunday.
- **Open Market:** Wednesday and Friday 9.00am–4.30pm. Saturday 9.00am–5.00pm.

The Met

The Met is a stunning, award winning live music venue noted nationally for its specialist folk music programme. Having undergone a multi-million-pound refurbishment completed in 2016, it incorporates two modernised performance spaces and Edwin Street Creative Hub, which includes a Recording Studio. Great live music and theatre productions for all ages. Fully accessible.

<https://themet.org.uk/whats-on/>

Visit Bury

Lots of information and suggestions for a great day out.

<http://www.visitbury.com/things-to-do>

Local Guidance and Information



Ben Tyer
Private Client Solicitor.

GLP Solicitors
Maple House, 8 Haymarket Street,
Bury BL9 0AR.

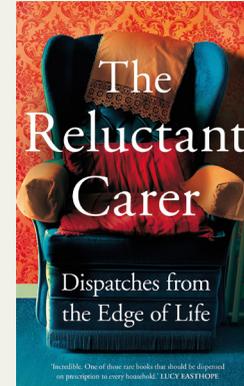
"I am a solicitor and specialise in later life planning which includes Wills, Powers of Attorney, Care fees and Inheritance tax amongst others. I have been involved with carers in Bury for almost 6 years regularly giving talks and advice in support of the local community. I also present to care homes, carers and individuals throughout the Northwest including Greater Manchester Mental Health Hospital, and have been in the Daily Mail, Daily Telegraph, Financial Times and the Metro discussing these topics. What underpins everything I do is encouraging people to be proactive, to sort out their legal affairs in good time which benefits not only themselves but also their families by avoiding unnecessary stress and hassle at what might already be a difficult time. Get in touch for some free initial advice."

If you wish to speak with Ben, please email him ben.tyer@glplaw.com. Alternatively call GLP 0161 764 1818 to arrange a mutually convenient appointment.

Carers Corner

Contributions from our wonderful Carers

A book review by Carole Martin



The Reluctant Carer:
Dispatches from the Edge of Life
Anonymous author
Published by Picador, 2022.

I came across this book by accident and read it with delight. And because I'd promised to write this review, I had to

revisit parts of it. But it was so good, I had to stop myself from settling down and reading the whole thing again, from beginning to end. Every sentence is a joy, often with a laugh or at least a dry smile tucked inside.

The plot (a true story): a middle-aged man returns to his childhood home to help his parents, who are in their late 80s. Dad is diabetic, autocratic, a towering figure, battling every day for the comforts of immobility, whisky and biscuits. Mum, in only slightly better shape, is anxious, deaf, and determined. Like many deaf people, she emits generally affirmative noises when being told (and mishearing) something important and **shouts a lot**.

"Every sentence is a joy, often with a laugh or at least a dry smile tucked inside."

Our author, only just managing — and quite often not — is already struggling with the wreckage of his former life. Glad to be useful to his parents again, he's second-guessed or left teetering on the back foot by everyone, from all levels of the NHS, to the boiler repair man, to his parents themselves.

It's not a comfortable existence. At night, he says, "you can play 'Are they coughing or dying?' all night long, if you can live with the guilt, and apparently I can." One parent is always too hot, the other too cold. Their son swelters in the tropical temperature while flinching from the blaring TV. "They call out for me so often that I start to twitch at the sound of my own name."

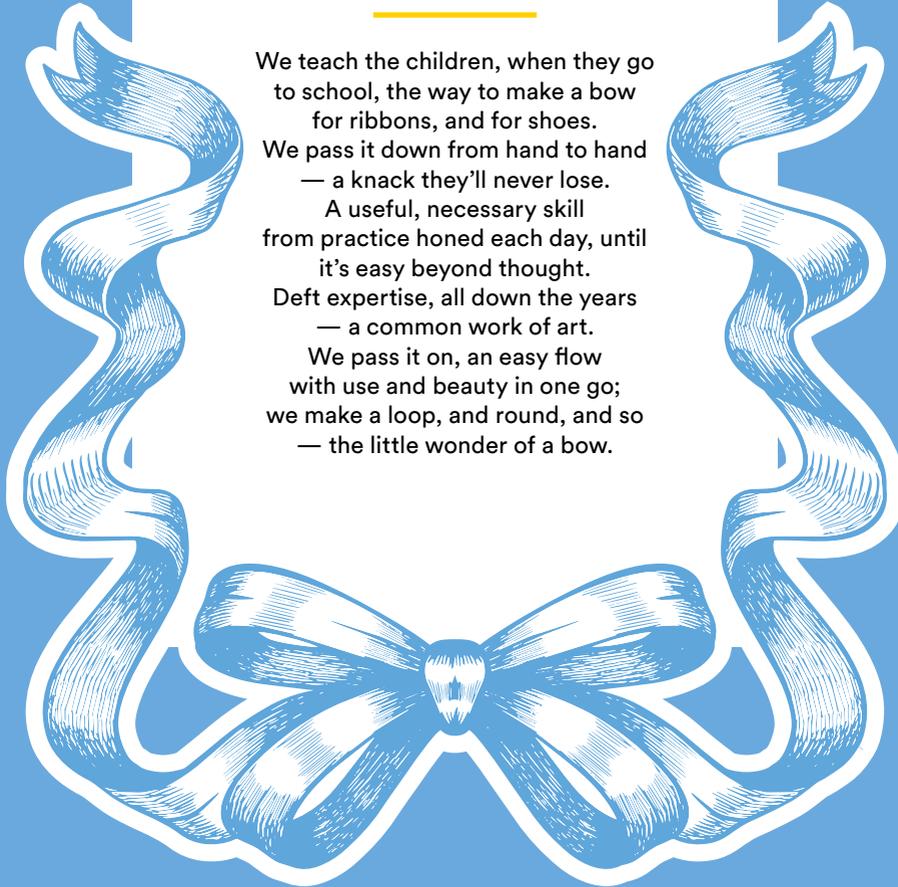
Poignant, funny, awful and true, every sentence has some gorgeous, 'Aha!' moment. Gorgeous in the sense of wondrous, in-the-moment writing, often not at all gorgeous about what's being described.

Please read this book if you can. Many of us may be in that position now or later, as carers or cared-for, doing the best we can, all wrapped up somehow in the complicated, quirky, messy tentacles of family love.

A Little Wonder

Carole Martin

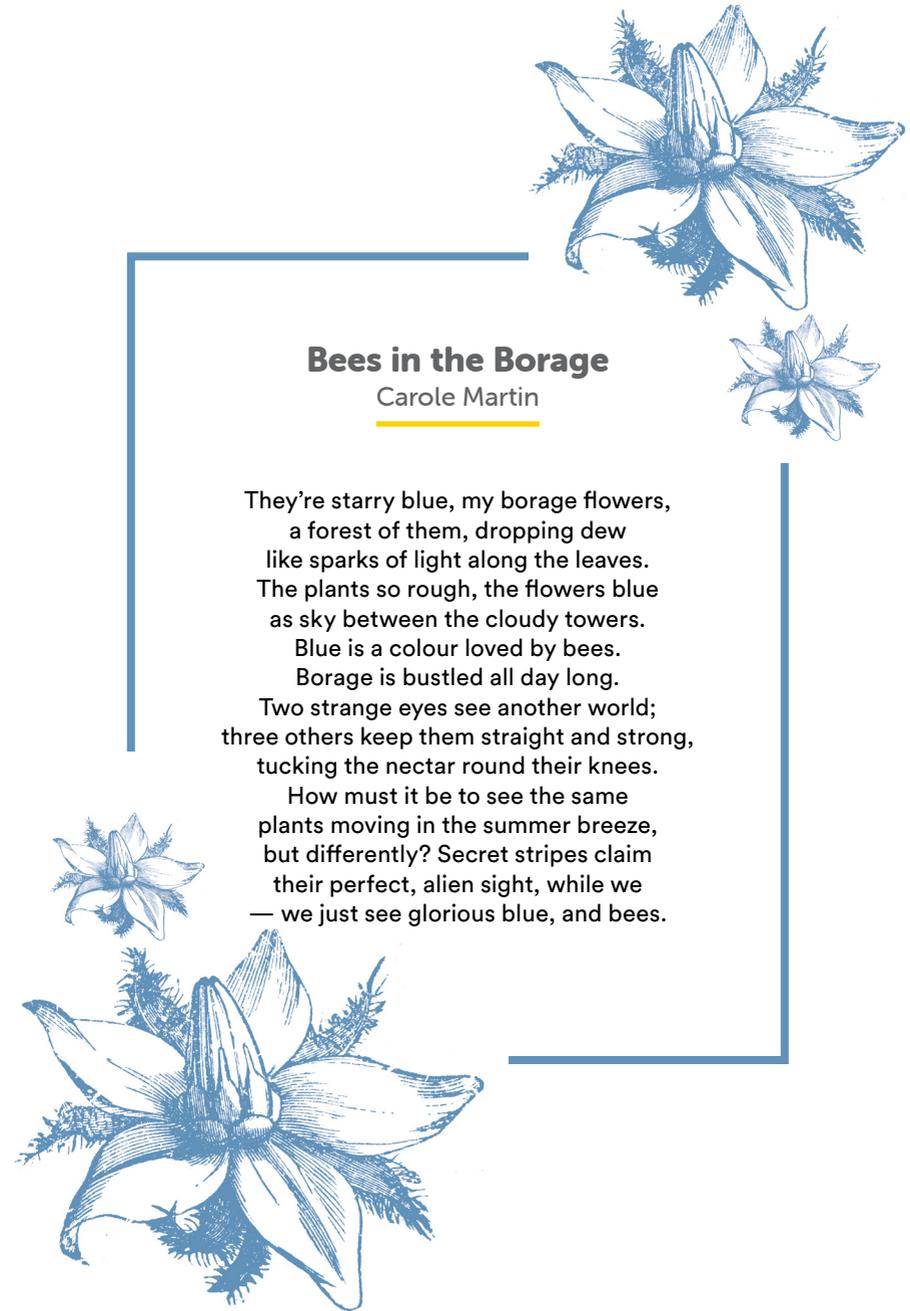
We teach the children, when they go
to school, the way to make a bow
for ribbons, and for shoes.
We pass it down from hand to hand
— a knack they'll never lose.
A useful, necessary skill
from practice honed each day, until
it's easy beyond thought.
Deft expertise, all down the years
— a common work of art.
We pass it on, an easy flow
with use and beauty in one go;
we make a loop, and round, and so
— the little wonder of a bow.



Bees in the Borage

Carole Martin

They're starry blue, my borage flowers,
a forest of them, dropping dew
like sparks of light along the leaves.
The plants so rough, the flowers blue
as sky between the cloudy towers.
Blue is a colour loved by bees.
Borage is bustled all day long.
Two strange eyes see another world;
three others keep them straight and strong,
tucking the nectar round their knees.
How must it be to see the same
plants moving in the summer breeze,
but differently? Secret stripes claim
their perfect, alien sight, while we
— we just see glorious blue, and bees.



VEGAN



Black Bean and Tomato Sweet Potatoes

Ingredients

For the stew

- 4 large, sweet potatoes, halved lengthways
- 3 tbsp olive oil
- 200g cherry tomatoes, halved
- 1 onion finely chopped
- 2 cm piece of fresh ginger peeled and grated
- 3 garlic cloves, crushed
- 400 g tin of black beans, drained
- 200ml vegetable stock
- Handful of basil leaves
- Extra virgin olive oil for drizzling
- Salt and pepper.

For the dressing

- 4 tbsp tahini
- 200g soya milk yoghurt
- 1 crushed garlic clove
- ½ tsp smoked paprika
- ½ tsp dried chilli flakes.

Method

1. Preheat the oven to 220°C/200°Cfan/gas mark 8.
2. Coat the potato halves with half the olive oil. Season generously and place on a baking tray. Bake for 30-40 minutes, until the flesh is soft and buttery, and the skin is crisp.
3. Meanwhile, heat the remaining oil in a pan over a medium heat. Add the tomatoes and fry for 4-5 minutes until blistered. Remove and set aside. Add in the onion, ginger, and garlic and sauté for 8 minutes until softened, taking care not to let them burn. Add the black beans, tomatoes and veg stock and bring to a boil. Reduce the heat and simmer until almost all of the stock has evaporated. Season well to taste.
4. In a bowl, combine together the dressing ingredients and season to taste. Place the sweet potato halves on a plate and spoon the black bean mixture and tomatoes over. Dollop over the dressing and scatter over the basil. Drizzle with a little extra virgin olive oil and serve immediately.



"I soaked my fruit in brandy for 2 hours to plump it up!"

Jayne's Easy Peasy Fruit Cake

Ingredients

- 400g dried fruit of your choice
- 125g softened butter
- 3 eggs
- 60 ml milk/or brandy
- Tablespoon of any jam
- 125g brown sugar
- 250g self-raising flour
- 2 teaspoons mixed spice.

Method

1. Pre heat air fryer 140 degrees for 5 minutes, gas mark 4.
2. Put all the ingredients except the fruit into a large bowl. Mix well together and add the fruit. Stir well and place in a lined cake tin.
3. Place in the air fryer draw for 1 hour on 140 degrees. Check with a skewer to see if baked.
4. Allow to cool and enjoy. 😊

Brain Training



This quiz has been submitted to us by Josh, whose mum is registered with our service. **Thankyou so much Josh.** 😊

JOSH'S QUIZ

1. Who played bass guitar in the Beatles?
2. Dean Martin and Frank Sinatra were part of a group of celebrities known as what?
3. June Carter was the wife of which country musician?
4. Diana Ross, Marvin Gaye, and Smokey Robinson were all signed by which Detroit record label?
5. What is the name of Elton John's songwriter?
6. Bob Marley, Desmond Dekker and Jimmy Cliff were musicians associated with what style of music?
7. The cake on the cover of the 1969 Rolling Stones album 'Let it bleed' was designed by which English cook?
8. The King and I, and the Sound Of Music are musicals by which pair of songwriters?
9. The song 'Vera' from Pink Floyds, The Wall is named after which wartime singer?
10. Named because of Presley's love of them which consists of Peanut butter, banana and what?
11. Steveland Judkins is the real name of which African American pop singer?
12. What do the songs 'All along the watchtower' by Jimi Hendrix and 'Make you feel my love' by Adele have in common?

Answers at the back.... no cheating!

Discounts For Carers

There are a number of discount and special offer cards for Carers which may be useful to you. Visit each website for more information on the offers...



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

CarerSmart offer, benefits and discounts to carers and people with care needs www.carersmart.org.

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 has a complimentary pass for carers. www.merlinannualpass.co.uk.

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.

Veterans Railcard

If you have served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or have been a Merchant Mariner who has seen duty on legally defined military operations, you may be eligible.

The Veterans Railcard is £30 per year or a 3 year Railcard is also available for £70

Like our other Railcards, the Veterans Railcard offers savings of 1/3 on rail travel, whether you are visiting family and friends or simply enjoying a day out. You can also nominate a companion to get 1/3 off when travelling with you and up to 4 children travelling with you get 60% off.

To find out more visit: www.veterans-railcard.co.uk

The new Veterans Railcard is now on sale supporting UK Veterans and their families with savings on rail travel.



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 in 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.



That's All Folks

We really hope you have enjoyed your magazine. We really appreciate your feedback so please don't hold back! It's your magazine and we couldn't do it without you. Our Spring/Summer 2024 edition is due out in May 2024. We are keen to share your stories, jokes, recipes, hobbies, book suggestions and reviews and general observations of life.

If you would like to contribute, please email jayne.harrison@burycarershub.org.uk by Friday March 1st 2024.

Quiz Answers

1. Paul McCartney
2. The Rat Pack
3. Johnny Cash
4. Motown
5. Bernie Taupin
6. Reggae
7. Delia Smith
8. Rogers & Hammerstein
9. Vera Lynn
10. Bacon
11. Stevie Wonder
12. Both were originally written and sung by Bob Dylan.

Disclaimer

Please note that whilst Bury Carers' Hub do our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call us before attending. Every care has been taken in the publication of this newsletter. However, Bury Carers' Hub will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.



Autumn/Winter 2023/2024

Bury

carers'
HUB

Newsletter



Get in touch

BURY CARERS' HUB IS DELIVERED BY N-COMPASS

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

General Email: enquiries@burycarershub.org.uk

Website: www.burycarershub.org.uk

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

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n|compass
towards a brighter future

Bury
Council

Greater
Manchester
Integrated Care
Partnership