

carers'
HUB

Newsletter

Rochdale



**ONE
IN EIGHT**

adults are
now providing
unpaid care



Welcome
to the **19th**

**Carers' Hub
Rochdale
Newsletter**

Welcome

to the Autumn/Winter edition of the Carers' Hub Rochdale Newsletter

Welcome to the Autumn/Winter edition of the Carers' Hub Rochdale Newsletter. We hope that this newsletter finds you well ☺

As always, if there is ever anything you have wanted to try or you have enjoyed an event that we have put on in the past, we would love to hear from you. 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, it was great to see so many of you during Carers Week at our various events, especially at our Carers Week Celebration Event (see page 6). Our Aashiyana Carers Group is going from strength to strength with an Eid Celebration including pampers, henna tattoos and lovely food.

In the last three months, more than 90% of carers have reported an improved ability to manage their caring role, after being supported by the Carers' Hub.

As usual, we have included a lot of information within this newsletter which we hope is helpful to you. You can also always keep up to date with our service offer and new opportunities by visiting our website www.n-compass.org.uk, following our Carers' Hub Rochdale Facebook page as well as receiving our bi-monthly Carer email bulletins.

You may also may be contacted from time to time by our fabulous students, who come to us as part of their placements for social work degrees. They are a strong asset to our team, and we hope you can also support them with their experience and learning.

We welcome and value your feedback, comments, and suggestions. There are various ways that you can get in touch with us, and these details are included below.

Wishing you well,

Carers' Hub Rochdale Team

Contact Us Today

How to get in touch

Address: FREEPOST The Carers' Hub Rochdale
Website: www.n-compass.org.uk/our-services/carers/rochdale-carers-hub
Email: enquiries@rochdalecarers.co.uk
Facebook: Carers' Hub Rochdale
Telephone: 0345 0138 208
Opening times: Monday – Friday 9.00am-5:00pm

We hope you find this Newsletter interesting, please do let us know if you no longer wish to receive it or have changed your address and we will update our records.

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, 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 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?

Support can be provided from a dedicated Carers Information and Support officer and can include:

- Specialist 1-2-1 and group support
- Support to take breaks from caring, including befriending and peer support
- Newsletters detailing local groups, activities and training
- Online Carers Community Network
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Support to access community and Health and Wellbeing services





Aimee Clarke
Service Manager



Natalie Paintin
Engagement and
Participation Team Leader



Karan Youngblut
Carers Information
and Support Officer



Rabina Kauser
Carers Information
and Support Officer



Shamim Aslam
Carers Information
and Support Officer



Fiona Howson
Carers Information
and Support Officer
(Interim Service Manager
from September 2023)



Jim Moore
Carers Information
and Support Officer



Wendy Miller
Participation and
Engagement Officer



Mekala Pandiarajan
Carer Breaks
Admin Support

Focus on... Grace Grove Volunteer - Carers' Hub Rochdale



My name is Grace and I have been a carer for more than 15 years. I enjoy meeting people and being a part of community groups including the Carers Choir, local church and local walking groups.

I first became a volunteer many years ago but started my volunteering journey with n-compass and the Carers' Hub Rochdale about 5 years ago when I was asked if I wanted to help out at a carers event and really enjoyed it.

I help fortnightly at Coffee & Chat sessions in Heywood and Central Rochdale, and make sure everyone is OK by providing teas and coffees, a biscuit or two or maybe even a piece of cake and of course a smile. I have volunteered at many other carers events including Carers Week and Carers Rights day but also at some carers special events such as the Lunch & Stroll in Queens Park.

I really do enjoy my role as a volunteer and I love to sit and talk to carers who may be struggling in their caring role, making them a brew, and just sometimes having a laugh with them. For me there is nothing better than seeing a carer come in and feel like they can just be themselves. My favourite part of being a volunteer is seeing a carer come to a Coffee & Chat session or an event, knowing they are a little nervous but welcoming them in, getting them a drink and seeing them smile and start to relax.

There are many times I have felt privileged to support carers in my voluntary role, but none more so when a carer comes up to you at the end of an event, gives you the biggest hug and says: "Thank you for everything you have done for me today". I remember volunteering at a pamper session we had put on for carers but near the end of the day I saw three carers having had a massage had fallen fast asleep. As I went to take their cups away one lady grabbed my arm and said: "This has been the best day I have had in a long time, I actually felt so relaxed I fell asleep, thank you." I just love my role and making that difference.

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

The Carers' Hub, Rochdale is now a Community Partner with Carefreespace.org which offers one to two-night short breaks away (with breakfast) for unpaid carers. The breaks are all across the UK and cost just £25 in admin fees. You can take a companion with you (but not the person you care for) so you are able to take a break from your caring role to help with your health and wellbeing. To find out more, email events@rochdalecarers.co.uk or call **03450 138 208**. We can refer you to Carefreespace.org and you only pay the admin fee once you book your break.

Carefree



Please note you must be over-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 be able to pay for extra expenses (travel, other food etc.) All booking is done online, so you must be able to do this, or have someone to help - although we can help if you have no other support.

What we've been up to!

Carers Week 2023

During a fabulous spring and summer programme of events and training sessions, we celebrated Carers Week 2023 with an event every day of the week!



We hosted an online quiz, Coffee & Chats with special treats and our Carers Week Celebration Event where we were entertained by the Carers Choir. We took part in a health and fitness demonstration from Frank, our Volunteer Fitness Instructor, and welcomed Members of Rochdale Council, some of our fabulous Carer Champions who work at various organisations in the Borough, and the Mayor of Rochdale.

Thank you to everyone who attended throughout the week - it was lovely to see so many of you!



Activities

We have also been out and about all over Rochdale with walks (and food!) at Queens Park, Healey Dell and Hollingworth Lake and our Aashiyana Carers Eid Celebration, Alpaca Meet & Greet, Pamper Sessions, Walk Like A Man Show at Middleton Arena, and lots more!



"I enjoyed getting out of my comfort zone doing things I wouldn't normally do"

"In all honesty, I know I would not be here today without the support from this group. My caring role is so very hard and at 81 I didn't think I would still be in a caring role. Thank you so much for giving me this lifeline and continuing to be my saviours"



"This service is supportive and very knowledgeable - knowing it is there any time I need gives me great peace of mind"



"My first time attending a carers' event. Really enjoyed myself and meeting other carers and staff. It was lovely to talk in my own language with carers"

Activities for Carers

Welcome to our latest carers activities programme. We have more activities than ever running across the next four months – from our regular Coffee & Chats to lots of training sessions and special events including male carers breakfasts, pottery and painting sessions, bowling, archery, Carers Rights Day, health and fitness classes, walks, pampers and our Christmas events – and all of them are free to attend!

Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. We do our best to have some activities in each newsletter for carers to also bring the person they care for if they wish to do so.

Our special events are becoming increasingly popular and can get fully booked with a waiting list. We do ask that if you have a place on an event and are no longer able to attend, please let us know as soon as you can so we can allocate your place to another carer and they can enjoy the event.

Coffee and Chats

Come and meet other carers whilst enjoying a cuppa!

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 and a biscuit (or two!).

If you have never been to a Coffee & Chat before, don't worry! Everyone has been a 'first timer'. A friendly member of our team will be there to greet you and offer a warm introduction. See the next page for the full table of Coffee & Chat activities.

There is no need to book a place for these unless stated, but if you would like to talk to someone before you attend, or would like further information, please use the details on page 9.



Coffee and Chats

Venue	Mind Cafe 14a-16 Wood Street, Middleton, M24 5TF	Heywood Magic Market (Training Suite) York Street, Heywood, OL10 1LT	Central Rochdale (formerly at Touchstones) Yates, 10 Fleece Street, Rochdale, OL16 1ND	Cuppaccino 4 Ingliss St, Littleborough, OL15 9RP	The Willows (Dementia Friendly - for carers and cared-for) Broad Lane, Rochdale, OL16 4PP
Time	10.00am – 11.30am	10.00am – 11.30am	10.00am – 11.30am	1.00pm – 2.30pm	10.00am – 11.30am
Dates	Mon 4th September	Tues 5th September	Wed 6th September	Thurs 7th September	Fri 8th September
	Mon 18th September	Tues 19th September	Wed 20th September	Thurs 21st September	Fri 22nd September
	Mon 2nd October	Tues 3rd October	Wed 4th October	Thurs 5th October	Fri 6th October
	Mon 16th October	Tues 17th October	Thurs 19th October (change from a Wednesday for one week only)	Thurs 19th October	Fri 20th October
	Mon 6th November	Tues 7th November	Wed 8th November	Thurs 9th November	Fri 10th November
	Mon 20th November	Tues 21st November	Wed 22nd November	Thurs 23rd November	Fri 24th November
	Mon 4th December (Christmas Coffee & Chat see page 14-15)	Tues 5th December (Christmas Coffee & Chat see page 14-15)	Wed 6th December (Christmas Coffee & Chat see page 14-15)	Thurs 7th December (Christmas Coffee & Chat see page 14-15)	Fri 8th December (Christmas Coffee & Chat see page 14-15)

Adult Carers Special Events

We are now offering even more opportunities to take a break from your caring role with activities each month across all localities and a vast range of training sessions too. If you have not been to one of our activities before, as you can see from our photos on pages 6 and 7, we are a friendly bunch and we would love to see you at a future event. You can speak to your Carers Information and Support Officer about what to expect and which one you would like to go to, and we can ensure you are greeted on arrival.

You must book onto our special events as most of them have limited numbers and some need to be booked in advance, so we can book places and order food if applicable. You can book by:

Emailing: events@rochdalecarers.co.uk
Speaking: to your Carers Information and Support Officer
Calling: 03450 138 208

*Our special events are for current carers
(and former carers who's caring role has ended in the last 12 months).*

Please inform us ASAP if you are unable to attend an event you are booked on to.



Male Carers Breakfast

Tuesday 12th September,
10.00am – 11.30am
The Woodlands Café at Hollingworth Lake,
Visitors Centre

Tuesday 14th November, 10.00am-11.30am
Queens Park Café, Queens Park, Heywood

Our Male Carers Breakfasts are at two different venues for our next breakfasts, and we would love for you to join us for a Full English (other options available!) and a hot drink.



Book Club

Wednesday 13th September,
10.00am – 12.00pm
Wednesday 15th November,
10.00am – 12.00pm

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

Our Book Club continues where we'll be picking up our next book and discussing the latest book too. We will of course have time for a hot drink, biscuits and a general chat as well!



Bingo Night!

Friday 15th September,
5.15pm – 8.30pm (approx.)

The Woodlands Café, The Willows, Broad
Lane, Rochdale, OL16 4PP

Eyes down for a fun bingo session at The Willows. You can either meet us at 5.15pm to enjoy a meal with us, or at 6.30pm ready for eyes down at 6.45pm. There will be 6 games of bingo - all for cash prizes! When requesting to book, please let us know if you will be coming for food and bingo, or bingo only. Please note that priority will be given to working carers and those who are unable to attend daytime events.



Archery Session

Tuesday 3rd October 2.00pm – 3.00pm

Littleborough Sports Centre, Calderbrook
Road, Littleborough, OL15 9JN

Calling all budding Robin Hoods! At this session you will receive an archery demonstration and then get to have a go at shooting arrows yourself. Please ensure you wear a long-sleeved top.



Pottery Making Session

Wednesday 27th September,
10.00am – 12.00pm

Norden Primary School, Shawfield Lane,
Norden, OL12 7RQ

Have you ever fancied having a go at learning how to “throw a pot” on a potter’s wheel? Well now is your chance! During this session you will receive a demonstration on how to use a potter’s wheel and make your own creations.



Middleton Lunch Club

Monday 9th October 12.00pm – 1.30pm

MIND Café, 14a-16 Wood Street,
Middleton, M24 5TF

A lovely lunch is on offer at the MIND Café in Middleton where you will have a wide choice to enjoy along with a drink and great company.



BAME Carers Pamper Session

Tuesday 10th October 10.00am – 12.00pm
Gateway Leisure, 2 Kenion Street, Rochdale,
OL16 1SN

Our BAME carers are invited to come along for a pamper treat (massage/facial tbc) and refreshments. Come along for a relaxing treatment(s) and a chat with fellow carers.



Gentle Stroll and Lunch

Wednesday 11th October, 11.00am – 1.00pm
Queens Park Café, Heywood

Join us for a gentle stroll around the park (approx. 20 minutes) followed by a lovely lunch in the café. Meet outside the café for the stroll (subject to weather conditions), followed by lunch and a drink.



Painting with Erica

Friday 13th October, 10.30am – 12.00pm
KYP, Belfield Road, Rochdale, OL16 2UP

A relaxing painting session delivered by Erica from Creative Health & Wellbeing. Come along to create your very own piece of art to take home with you.



Online Craft Session with Erica

Monday 6th November, 2.00pm – 3.30pm
On Zoom

Erica, from Creative Health & Wellbeing, will be hosting our popular online craft session where everything you need for the session will be delivered to your home.



Tenpin Bowling

Tuesday 7th November 6.30pm – 8.00pm
TenPin, Sandbrook Park, Rochdale, OL11 1RY

We will be having a fun game (or two!) of bowling along with a drink to enjoy whilst you take part.



Littleborough Lunch Club

Tuesday 14th November 12.00pm – 1.30pm
The Woodlands Café at Hollingworth Lake
Visitors Centre

We are launching our first “Littleborough Lunch Club” with a tasty lunch at The Woodlands at the Lake Café. Enjoy one of a choice of tempting lunches on offer along with a hot or cold drink.



Carers Rights Day

Thursday 23rd November 10.00am – 12.00pm
- not to be missed!!

**The Lighthouse Project, Middleton Shopping Centre,
Lime Trees Road, Middleton, M24 4EL**

Each year we hold a Carers Rights Day event in a different area of Rochdale, to bring organisations together to help carers know their rights and find out how to get the help and support they are entitled to. Having the right information at the right time can make all the difference when you're looking after someone. Join us for this special day to spend time looking around stalls from various local organisations and treating yourself to the refreshments available. (No booking required – just turn up on the day!)



Coffee and Cake Morning (for carers and the person they care for)

Tuesday 28th November, 10.00am – 11.30am
Mill About Coffee Shop, Spotland Bridge Mill,
Bridgefold Rd, Rochdale

Join us for a coffee (or tea!) and cake treat at this lovely coffee shop. If you wish to bring along the person you care for to this event, please let us know when booking.

Christmas Special Events

The first few weeks of December will see us host our festive events with something in each area of Rochdale. We have wreath making (for your door or table), a Santa stroll and lunch, Christmas meal, and a special event for carers and the person you care for at Milnrow Cricket Club, with all details below!

It is essential that you book on to these events and if you would like to attend more than one, please let us know your preferred event as we expect these to be popular.

Festive Wreath Making

Tuesday 5th December 12.30pm – 2.00pm
KYP, Belfield Road, Rochdale, OL16 2UP

Friday 15th December 10.30am-12.00pm
Horse Carrs, Shawclough Road, Rochdale,
OL12 6LG

Due to this session being so popular last year, we are hosting two wreath making sessions where you can create a door or table decoration using all the greenery provided. Please let us know which session you would like to attend when booking.

Middleton Lunch Club Christmas Meal

Monday 11th December, 12.00pm – 2.00pm
MIND Café, 14a-16 Wood Street, Middleton,
M24 5TF

The MIND Café will be serving us a two-course festive feast with all the trimmings.

Santa Stroll and Lunch

Wednesday 13th December, 11.15am – 1.30pm
Queens Park Café, Queens Park, Heywood

Santa hats at the ready for this stroll around the park followed by a festive lunch in the café. Meet outside the café for the stroll – which will be weather dependant. Santa hats provided for those who don't have one.

A Christmas to Remember (for carers and the person they care for)

Thursday 14th December, 12.00pm – 2.00pm
Milnrow Cricket Club, Harbour Lane,
Milnrow, OL16 4HF

Join us for an afternoon of music and dancing. You will be treated to a lindy-hop demonstration and can tap your feet to music played from the different decades, with a chance to have a dance if you like! A light festive lunch will also be provided.

Skills and Wellbeing Sessions for carers

We are pleased to be able to offer a variety of free skills and wellbeing opportunities for carers in the upcoming months, and hope you find these sessions useful and informative. To book on to any of the below, please email events@rochdalecarers.co.uk. If you like the sound of a session but are unable to attend, please let us know so we know what to repeat and plan for our next newsletter.



Slow Cooker demonstration (includes free slow cooker)

Friday 22nd September, 1.00pm – 2.00pm
Back O' the Moss Community Centre,
52 Peel Lane, Heywood OL10 4TU

During this session you will be shown how to cook a healthy meal in a slow cooker

(and get to have a taste at the end!), and receive a free slow cooker with all the ingredients so you can have a go and make it at home. You will also be given information on the importance of Carbon Monoxide detectors and receive a detector for your home too.



Low-Level Moving and Handling

Friday 29th September, 10.30am – 11.30am
Empire House, College Road, Rochdale,
OL12 6AE

We will be hosting a session covering the correct ways to support someone when walking, rising from a chair, sitting down, getting out of bed, and what to do if someone

falls. There will also be the chance for an informal chat and to ask questions.



Social Fitness Sessions with Frank

Thursday 5th October, Thursday 19th October, Thursday 2nd November, Thursday 16th November, Thursday 30th November
10.30am – 11.30am
Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

Due to popular demand, our Volunteer Fitness Instructor, Frank, will be hosting five social fitness sessions which will involve gentle exercises (that can be done sat down or standing up) and an informal chat about health and wellbeing (with refreshments!). These sessions will be gentle and can be done at your own pace. Before taking part, you will be asked to complete a PAR-Q form (Physical Activity Readiness Questionnaire) which can be completed beforehand or on the day. This is a five week course, please try to attend as many sessions so you are able to get the full benefit of this course.



'Caring Minds' Group (For carers supporting someone with a diagnosed Mental Health condition)

Wednesday 29th November,
10.00am – 12.00pm
Sudden Resource Centre, Silk Street, Rochdale, OL11 3EU

In collaboration with the Community Mental Health Teams in Pennine Care, we are meeting every quarter to provide both peer and professional support to carers who care for someone with a mental health condition in a small group setting. These sessions will be an opportunity to meet with other carers, as well as mental health and Carer Hub professionals, to discuss conditions, how this may affect those being cared for and the impact it can have on carers, as well as talk through useful strategies and support available.



Zoom Activities for Adult Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information. Simply click the links or scan the QR code with your camera on each of the meetings to join in.

All events are free and are for carers registered with the Carers' Hub Rochdale.

Weekly Zoom Sessions

Distance Reiki

Wednesdays 2.00pm – 3.00pm*

[Zoom Link](#)

Meeting ID: **813 5194 3140**

Password: **940735**



Seasonal Flow Yoga

Wednesdays 6.15pm – 7.30pm*

[Zoom Link](#)

Meeting ID: **892 6497 0582**

Password: **030426**



Yoga Nidra

Thursdays 7.00pm*

[Zoom Link](#)

Meeting ID: **870 8007 6510**

Password: **455916**



*Subject to change.

Carers' Hub News and Information



Parent Carers – we need you!

Parent Carers provide support to their children, including grown up children who could not manage without their help. The child/adult could be ill, disabled, or have mental health or substance misuse problems. We would love to hear from

Parent Carers about what you would like to see from us with regards to a group and activities we can organise. Where would you like to meet? When would be a good time? What would you like to see at these sessions? We would be really grateful if you could complete this short survey by scanning the QR code or going to <https://forms.office.com/e/wJqE4m7Bej>, or you can email any comments to events@rochdalecarers.co.uk. Our plan is to restart our Parent Carer Group from January using your comments to guide us.



Carers Choir

Unitarian Church, Off Spotland Road, Rochdale, OL12 6TP. Every Tuesday 4.00pm-5.30pm (term-time only)

This is a wonderful place to meet other carers and enjoy a sing along and make friends at the same time. We sing some lovely songs and have fun whilst we are singing. Come and see for yourself! There are no auditions and even if you think you cannot sing but love singing in the car, shower, bath etc you're very welcome. If you are interested, please email: rochdalecarerschoir@gmail.com.

Carers' Hub News and Information



Carers Help and Talk (CHAT) Line

Call: 0330 022 9490

Do you sometimes feel like you just need to pick up the phone and talk to someone? Do you feel like you would benefit from a listening ear, the chance to offload, emotional support or just a friendly chat? You can call our Carers Help and Talk (CHAT) Line and speak to one of our volunteers. Our CHAT Line is available 24 hours a day, but if your call is not immediately answered by one of our volunteers, please try calling again at a different time.



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 aimee.clarke@rochdalecarers.co.uk to book a slot.



Your Trust Special

yourtrust

Your Trust's mission is to make it easy and appealing for people in Rochdale to get active, be creative and feel healthier. They provide state of the art leisure and fitness facilities including swimming, fitness, and sports halls as well as outdoor activities at venues offering adventure and water activities. They can deliver tailored programmes to promote the benefits of being active and feeling healthy to people of all abilities and who may be feeling isolated, experiencing ill health or have limited financial means. Read on to find out about lots of programmes that are available to carers, and the people you care for.

Your Extra Card

Your Extra Card is £3 (adult) and £1.50 (child) per year and offers up to 50% off on a range of swimming, sports, and leisure activities. It is available for anyone in receipt of a means tested benefit, and/or meets other criteria and have proof of eligibility. This includes carers who:

- Are over 75 years of age
- Are receiving Carers Allowance
- Are receiving benefits including Universal Credit, Income Support, Housing Benefit, Pension Credit, Personal Independence Payment, Disability Living Allowance or Attendance Allowance.

Visit: www.yourtrustrochdale.co.uk/your-extra-card for further details and all eligibility criteria.

Specialist Health and Wellbeing Team

This team supports people living with long term health conditions. If you or someone you know is living with a long-term condition, the team of fully qualified instructors can help with a wide range of programmes, classes and courses including:

- Aqua Relax
- Cardiac Rehabilitation Course
- Chair Based Yoga
- Back Care Yoga
- Exercise Referral Scheme
- Falls Prevention Course
- Functional Fitness Courses
- Gentle Exercise
- Nutrition, Exercise and Wellbeing Course
- Water Walking

Call **01706 926205** or email:
specialisthealthandwellbeing@yourtrust.co.uk



Free Day Pass

If you would like to visit a Your Trust Leisure Centre to see what's available and try the gym, a swim or group exercise class, you can access a free one-day pass at yourtrustrochdale.co.uk/claim-your-free-1-day-pass.

Carers go free

Carers can go free to some sessions and activities if they are attending with the person they care for. You will just pay for the person you care for, and you will go free but would need to stay with the person you care for. This includes gym and swim sessions and some classes. Contact the leisure centre you wish to attend for more details.



Other Events, News and Useful Information...

Dementia Wellbeing Services



Rochdale and District Mind offer mental health and emotional wellbeing support for those living with dementia, their carers, and families living in the Rochdale Borough. They offer one-to-one, face-to-face and group support to help empower and enhance the ability to live well. There doesn't need to be a formal diagnosis of dementia for you to access these services. You can browse the various groups and activities you can get involved in by visiting <https://www.rochdalemind.org.uk/how-we-can-help/dementia-wellbeing-services/> or contact the Dementia Wellbeing Team to find out more: **Eva – 07789 220 405** or **Rosanora – 07842 310636**

Ladies Social Group



Rochdale AFC Community Trust has launched a free Ladies Social Group meeting every Wednesday 1.00pm – 3.00pm at Our Spot Community Hub at the Crown Oil Arena, Sandy Lane, Rochdale, OL11 5DR. There will be the opportunity to learn new skills, chat about and engage in sports activities and enjoy each others company. Open to all ages and children are welcome too. Visit www.rochdaleafccommunity.org, call **01706 643836** or email Liz.Cotterill@rochdaleafc.co.uk for further information.

Jointly and Digital Resources for Carers



NHS England and Carers UK are giving unpaid carers free access to digital resources. The Digital Resource for Carers is an online platform that hosts information for carers to help build resilience in a caring role. There is a contingency planning tool kit for what might happen in an emergency and access to Jointly – Carers UK's care co-ordination app. To find out more, visit <https://www.carersuk.org/for-professionals/digital-products-and-services/digital-resource-for-carers/>. The access code is **DPCN9987**.

Stronger Together Carers

Stronger Together Carers is a support group set up by carers, to support unpaid carers in Whitworth and the local community. They are based at Sunnyside Care Community Hub, Whitworth and meet every Monday between 11.00am and 2.00pm. Refreshments are provided, and you can drop in when needed. You can find out more on the [Stronger Together Carers Facebook page](#).



Dementia Specialist Daycare Service

The Willows currently have places at their daycare service at Moss Bridge, Kingsway, Rochdale which includes tailored activities and a two-course lunch. For more details or to arrange an assessment, contact Danielle.dutton@nhs.net or call **01706 248661**.



Carers' Hub Rochdale Social Media and Information Platforms



Our Facebook page and groups are going from strength to strength. We now have more than 900 followers on our page which is full of information and articles of interest to carers. Please have a look at and "like" and "follow" our page by logging into Facebook and searching for **Carers' Hub Rochdale**, by following the link:

<https://www.facebook.com/Carers-Hub-Rochdale>.

You can also join one of our closed groups for adult and young carers which we keep updated with activities and events across the borough and will also ensure that any news or offers are posted here. To join the groups, click on or search for "**Rochdale Adult Carers**" or "**Rochdale Young Carers Hub**".



**Carers
Community
Network**

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. We have cookery rooms, gardening rooms, photography rooms and so much more.

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 more than 1,800 active members who are looking forward to connecting with you!

Please be aware, that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on **03450 138 208 who will be happy to support you with this. You will just need to provide them with your name and email address.*



Carers' Hub Rochdale Bulletin. In addition to this newsletter, we are now emailing out regular e-bulletins to carers which include reminders about upcoming Carer Hub events, any new activities or offers introduced in-between newsletters and updates from other organisations.

To ensure you receive these, if we don't already have your email address, please email enquiries@rochdalecarers.co.uk or speak to your Carers Information and Support Officer, and we will put you on our e-bulletin mailing list so you don't miss out!

Activity Time!



Cook with us - Slow Cooker Shepherd's Pie (recipe from BBC Good Food)

1. Heat the slow cooker if necessary. Heat the oil in a large frying pan. Tip the onions and thyme sprigs and fry for 2-3 mins. Then add the carrots and fry together, stirring occasionally until the vegetables start to brown. Stir in the mince and fry for 1-2 mins until no longer pink. Stir in the flour then cook for another 1-2 mins. Stir in the tomato purée and lentils and season with pepper and the Worcestershire sauce, adding a splash of water if you think the mixture is too dry. Scrape everything into the slow cooker.

2. Meanwhile cook both lots of potatoes in simmering water for 12-13 minutes or until they are cooked through. Drain well and then mash with the crème fraîche. Spoon this on top of the mince mixture and cook on Low for 5 hours - the mixture should be bubbling at the sides when it is ready. Crisp up the potato topping under the grill if you like.

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 3-4 thyme sprigs
- 2 carrots, finely diced
- 250g lean (10%) mince lamb or beef
- 1 tbsp plain flour
- 1 tbsp tomato purée
- 400g can lentils, or white beans
- 1 tsp Worcestershire sauce

For the topping

- 650g potatoes, peeled and cut into chunks
- 250g sweet potatoes, peeled and cut into chunks
- 2 tbsp half-fat crème fraîche

Useful Numbers

Carers' Hub Rochdale

0345 0138 208

CHAT Line (to speak to a volunteer who will offer a listening ear)

0330 022 9490

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

NSPCC

0808 800 5000

In an Emergency and outside office hour including bank holidays the Emergency Duty Team

0300 303 8875

Rochdale Citizens Advice Bureau Advice Line

0300 330 1153

Greater Manchester Public Transport

(Disabled Travel Pass)

0161 244 1050

Blue badge (Disabled parking permit)

0300 303 8870

Health and Social Care Regulator

(Care Quality Commission)

03000 616161

Turn2us (National charity providing information about charitable grants)

0808 802 2000

Rochdale Link4Life

(Leisure and Sports)

01706 751180

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

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 7847



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 **0345 0138 208** or email enquiries@rochdalecarers.co.uk

Note: If you would like to read any part of this newsletter in large print please call **0345 0138 208**, or email enquiries@rochdalecarers.co.uk to make your request.

Disclaimer: Please note that whilst the Carers' Hub Rochdale does 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 before attending. Every care has been taken in the publication of this newsletter. However, the Carers' Hub Rochdale 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.