

Spring/Summer Edition 2024

Newsletter

carers'
HUB

Rochdale



ONE
IN EIGHT

people in the UK
are carers



Welcome
to the **21st**
Carers' Hub
Rochdale
Newsletter

n|compass
towards a brighter future



Greater Manchester
Integrated Care Partnership

Welcome

to the 21st edition of the Carers' Hub Rochdale Newsletter

Welcome to the Spring/ Summer edition of the Carers' Hub Rochdale Newsletter. We have lots of exciting activities to look forward to in the coming months. We wish Wendy (P&E Officer) a fond farewell and all the best for her retirement. We have two new members to the Participation and Engagement Team, Gareth and Emma, they look forward to taking your bookings, listening to your ideas and meeting you at the forthcoming events.

Reflecting on the past few months...the New Year kick started with a Social Fitness Session with our wonderful volunteer fitness instructor, Frank. Frank demonstrated gentle exercises and discussed health, wellbeing, fitness and breathing. Since January we have relaxed and had time to unwind at our ever popular pamper sessions, we have let our hair down at two wonderful upbeat shows at Middleton Arena and we've had a great start to our mornings with a hearty breakfast at our Male Carers Breakfast events. The Aashiyana Carers Group have

been learning new craft skills and enjoyed some delicious food together. Carers have been shown how to cook a healthy, cost-effective meal using a slow cooker.

As always, if there is ever anything you have wanted to try, have enjoyed an event that we have put on in the past or have any suggestions to help improve our service, 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.

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 n-compass.org.uk, joining our Rochdale Adult Carers Facebook group as well as receiving our regular Carer email bulletins.

Wishing you well,
Carers' Hub Rochdale Team

Contact Us Today

How to get in touch

Address: FREEPOST The Carers' Hub Rochdale

Website: n-compass.org.uk/our-services/carers/rochdale-carers-hub

Email: enquiries@rochdalecarers.co.uk

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.



Facebook:
Rochdale Adult Carers

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



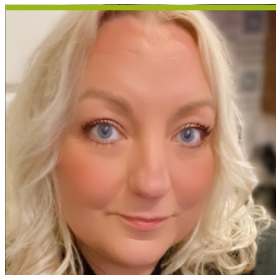
Carers' Hub Rochdale Team



Rebecca Greatrex
Interim Service Manager



Fiona Howson
Service Manager
(maternity cover)



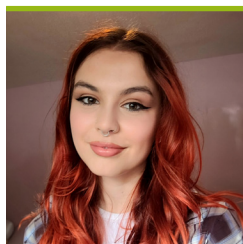
Victoria Williams
Team Leader



Karan Youngblut
Carers Information
and Support Officer



Rabina Kauser
Carers Information
and Support Officer



Ellie Herbert
Carers Information
and Support Officer



Shamim Aslam
Carers Information
and Support Officer



Kirsty Wild
Carers Information
and Support Officer



Emma Wild
Participation and
Engagement Officer



Gareth Townsend
Participation and
Engagement Officer



Mekala Pandiarajan
Carer Breaks
Admin Support

What we've been up to!

We have been really busy over the past few months with our regular groups. In addition, we have enjoyed two uplifting shows at Middleton Arena, relaxed at our pamper sessions, enjoyed delicious afternoon teas, had fun making smoothies and mocktails, learnt about fitness with our Volunteer Fitness Instructor, Frank, and made some beautiful creations in our craft sessions. Carers enjoyed delicious breakfasts together at some lovely local cafes. Carers Rights Day was attended by different organisations and helped to signpost carers to information, advice and support.

Easter Craft Session

"Lovely session, everyone is so friendly."



Smoothie and Mocktail Making session



"An excellent session, really good fun. We all got into the swing of the session. I'd love to attend the next one."

Carers Breakfast



Such a great place to meet fellow carers and chat. The breakfast is delicious!

Coffee and Chat Session



"It's a great atmosphere and good to be around others in the same situation as me."

Carers Rights Day



Activities and Events

Welcome to our latest carers activities programme. We have more activities than ever running across the next four months – from our regular Coffee & Chats and our new drop-in sessions to lots of skills and wellbeing sessions and special events including an evening show, male carers breakfast and games, walks, pampers and crafts – 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.

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 (CISO), and take a well-earned break from your caring role whilst enjoying a free tea or coffee and a biscuit (or two!) We are continuing carers drop-in sessions

to give you an opportunity to meet with a Carers Information and Support Officer if you have any questions or would like a chat with a cup of tea or coffee. Please note there may be more than one carer who attends these sessions, but if you do need to talk to a CISO in private, please do let them know.

There is no need to book a place on our drop-ins or our Coffee & Chats, but if you would like to talk to someone before you attend, or would like further information, please use the details on [page 8](#).

Coffee and Cake Drop-in Session

Empire House, College Road, Rochdale, OL12 6AE (press the buzzer for Carers' Hub and we will come down to let you in – there is a lift or stairs to access our drop-in). No need to book! We look forward to seeing you!

1.30pm – 2.30pm

Wednesday 29th May 2024
Wednesday 5th June 2024
Wednesday 17th July 2024
Wednesday 28th August 2024



Coffee and Chats

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

Venue	Mind Cafe 14a-16 Wood Street, Middleton, M24 5TF	NEW VENUE Heywood Baptist Church Rochdale Road, Heywood, OL10 1LE	NEW VENUE The Courtyard (Formerly Yates') 10 Fleece Street, Rochdale, OL16 1LY	Cappuccino 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
Date	Mon 6th May No session – Bank Holiday Mon 20th May Mon 10th June Carers Week Coffee and Breakfast Sandwiches Mon 24th June Mon 8th July Mon 22nd July Mon 5th August Mon 19th August	Tues 7th May Tues 21st May Tues 11th June Carers Week Coffee and Cake Tues 25th June Tues 9th July Tues 23rd July Tues 6th August Tues 20th August	Wed 8th May Wed 22nd May Wed 12th June Carers Week Coffee and Pastries Wed 26th June Wed 10th July Wed 24th July Wed 7th August Wed 21st August	Thurs 9th May Thurs 23rd May Thurs 13th June Carers Week - No coffee and chat today please see p16 for details of our Carers Week Special Event Thurs 27th June Thurs 11th July Thurs 25th July Thurs 8th August Thurs 22nd August	Fri 10th May Fri 24th May Fri 14th June Carers Week Coffee and Breakfast Sandwiches Fri 28th June Fri 12th July Fri 26th July Fri 9th August Fri 23rd August

Adult Carers Special Events

We are now offering even more opportunities to take a break from your caring role with **completely free** activities each month across all localities and a vast range of health and wellbeing sessions too. If you have not been to one of our activities before, as you can see from our photos on pages six, we are a really friendly bunch. 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 one-off 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. *Please also let us know if you are unable to attend* an event you are booked on to as soon as you can, as our events are very popular and often have a waiting list, so we can offer your place to another carer to attend. You can book by:

Emailing: events@rochdalecarers.co.uk
Calling: 03450 138 208

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

Your Voice Matters Carers Co-production Network



Rochdale Adult Social Care has commissioned the Carers' Hub, Rochdale, to host the HMR Carers Co-Production Network - to hear the voices of carers with lived experience across Heywood, Middleton and Rochdale. As a carer, this is your opportunity to make a difference by working together, sharing your experiences and skills and to have your voice heard to influence, design and develop Adult Social Care services by speaking to key decision makers.

There will be lots of opportunities for you to join in, including; bi-monthly Your Voice Matters workshops, 1:1 sessions, surveys, being on interview panels and in working groups.

To express an interest in becoming a member of the Network and to let us know how you would like to be involved:

Email: events@rochdalecarers.co.uk

Call: 03450 138 208

or follow the link/scan the QR code to complete the registration form

<https://forms.office.com/e/Nc02Ut93wC>

The first meeting will be held on

**Tuesday 21st May, 11am-1pm at
Empire House, College Road, Rochdale,
OL12 6AE Lunch will be provided**



Middleton Lunch Club

**Monday 13th May,
12.00pm–1.30pm
MIND Café, 14a-16 Wood Street,
Middleton, M24 5TF**

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

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.



Aashiyana Carers Eid Celebration Event

**Tuesday 14th May,
10.00am–12.00pm**

**Castlemere Banqueting Hall, 8 Castlemere Street,
Rochdale, OL11 3SW**

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Book a place and join us for our Aashiyana Carers Eid celebration at the beautiful Castlemere Banqueting Hall. We will enjoy celebrating together with some delicious food and henna painting.



Book Club

**Wednesday 15th May 10.00am-12.00pm
Wednesday 3rd July 10.00am-12.00pm
Heywood Baptist Church, Rochdale Road,
Heywood, OL10 1LE**

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Our Book Club continues where we will 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 too! We welcome new members to the Book Club.



Creative Crafts

Thursday 16th May 10.30am-12.30pm
River Beal Cafe, 14 Ladybarn Lane, Milnrow,
Rochdale, OL16 4GQ

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Relax and unwind as you enjoy a wonderful creative craft session at the beautiful River Beal Cafe in Milnrow (a true hidden gem!). No experience required!



Pilates (in partnership with Your Trust)

Details: Tuesday 21st May 7.15pm-8.00pm
Stancliffe Community Centre, Stancliffe Lane,
Middleton, M24 2PB

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Pilates is designed to improve your postural strength, as well as increase flexibility and mobility throughout your whole body. Pilates can also reduce stress and tension. You will need to complete a short sign-up sheet with Your Trust beforehand (we can help with this).



Male Carers Breakfast

Tuesday 28th May 10.30am-12.30pm
Rochdale Sports Club, Bridgefold Road,
Rochdale, OL11 5BX

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Are you a male carer? If so, join other male carers for a cup of tea or coffee and a game of pool, darts, cards, or a board game. Relax and enjoy a delicious breakfast sandwich. We are a welcoming bunch, and we look forward to meeting you!



Thank ABBA for the Music - The 50th Anniversary

Saturday 8th June 7.00pm for a 7.30pm start
Middleton Arena, Middleton, M24 1AG

Priority will be given to working carers and those unable to attend daytime events – please inform us of this when expressing an interest.

To express interest in attending this free event please email:

events@rochdalecarers.co.uk or call: 03450 138 208. Places are limited.
Places will be confirmed a month before the show.

With stunning costumes, live band, interactive video projection, some tongue-in-cheek Swedish humour and, of course, ABBA's spectacular trademark harmonies, this is the ultimate feel-good party show!

ABBA and 70's fancy dress optional ... but encouraged! Please note you will need to use steps to access our seats.



Carers Week Special Event

Thursday 13th June 10.30am-12.30pm
Milnrow Cricket Club, Harbour Lane,
Rochdale, OL16 4HF

For this free event please book your place by emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

Come and join our Carers Week special event!
See [page 16](#) for details.



Online Craft with Erica

Monday 17th June 2.00pm-3.30pm
On Zoom

For this free event please book your place by emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

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.



BAME Carers Mindful Watercolour Painting Session

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

Tuesday 18th June 1.00pm-3.00pm

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Our BAME carers are invited to join us for this wonderfully relaxing watercolour painting session with Erica from Creative Health and Wellbeing. Come and create your own masterpiece! No experience needed.



Gentle Stroll and Lunch

Wednesday 19th June 11.00am-1.00pm/ Queens Park Cafe, Heywood, OL10 4UY

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Join us for a gentle stroll around the park (approx. 20 minutes) followed by a lovely lunch in the cafe. Please book your place and meet outside the cafe for the stroll at 11am (subject to weather conditions).



Littleborough Lunch Club

Tuesday 2nd July 12.00pm-1.30pm

Woodlands Cafe at Hollingworth Lake, OL15 0AQ

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Located in the former visitor centre at picturesque Hollingworth Lake, the Lunch Club returns to the wonderful Woodlands Cafe, where you will enjoy a choice of delicious hot and cold food options. Book your place and come and join us.



Pamper Session

Tuesday 16th July 10.00am-12.00pm

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

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Rewind and relax at our pamper session with a choice of massage treatments and facials (treatment availability will depend on numbers attending). There will be refreshments too!



Coffee and Cake at Mill About (for carers and the person you care for)

Thursday 18th July 10.00am-11.30am

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

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Enjoy a hot cup of coffee or tea and a slice of delicious cake, at the delightfully quirky and unique, Mill About Cafe. If cake is not your thing, then join us for a teacake or toast. Book your place – please let us know who you are bringing when you book. We look forward to seeing you!



Male Carers Breakfast

Tuesday 30th July 10.00am-12.00pm

Woodlands Cafe, The Willows, Fieldway,
off Broad Lane, OL16 4PP

For this free event please book your place by emailing:
events@rochdalecarers.co.uk or calling: 03450 138 208

Our Male Carers Breakfast will be at the fantastic Woodlands Cafe at The Willows, we would love for you to join us for a tasty breakfast and hot drink. Book your place now!

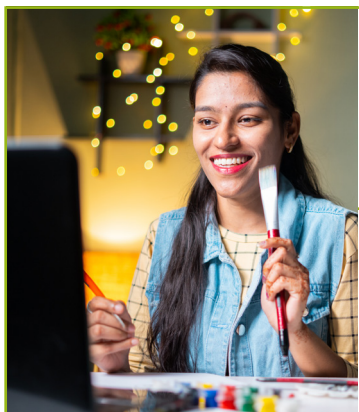


Smoothie and Mocktail Making (for carers and the person you care for)

August date TBC 10.30am-12.00pm
Littleborough venue TBC

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Enjoy making delicious (and nutritious) smoothies. Have fun making mocktails to tingle your tastebuds and imagine hot summer days on the beach!



Online Craft with Erica

Monday 5th August 2.00pm-3.30pm

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

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. These really are lovely and relaxing sessions which you can take at your own pace and chat along to fellow carers at the same time.



Gentle Stroll and Lunch

Wednesday 14th August 11.00am-1.00pm
Queens Park Cafe, Heywood, OL10 4UY

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Join us for a gentle stroll around the park (approx. 20 minutes) followed by a lovely lunch in the cafe. Please book your place and meet outside the cafe for the stroll at 11am (subject to weather conditions).



Day Trip to Fleetwood Market and Cleveleys

Tuesday 20th August, pick-ups from 8.30am from Rochdale, Heywood and Middleton

For this free event please express your interest in this event by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208 (places will be confirmed at the end of July)

Enjoy a great seaside shopping experience! Fleetwood Market has over 150 stalls with three indoor halls as well as a selection of outdoor stalls for you to browse. Afterwards we'll take a short coach ride into the bustling town of Cleveleys and to its award winning and exhilarating promenade. You are free to do your own thing whilst there or you can join our staff member and volunteer and spend the day with them shopping and relaxing. The coach is provided but you will need to provide your own packed lunch, drinks and snacks or buy something whilst you are there. Please email events@rochdalecarers.co.uk for more details about pick up and drop off times and locations.



Craft Session

Thursday 29th August 1.00pm-3.00pm
Rochdale Gateway Leisure,
2 Kenion Street, Rochdale, OL16 1SN

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Book your place and join us for a relaxing and enjoyable session making a beautiful light-up bottle or jar. These make lovely gifts or use as a decorative feature for your home.



Picnic in the Park (Parent Carers and the person you care for)

Friday 30th August 2.00pm-3.30pm
Queen's Park, Queen's Park Road, Heywood, OL10 4UY

For this free event please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Join us for a tasty picnic in Queen's Park Heywood. Please bring a picnic blanket and a chair or cushion to sit on. We will bring the food! Let's hope for good weather and we will enjoy being together in the great outdoors. Please let us know about any dietary requirements when you book. (Weather dependent.) Parent Carers provide support to their children including grown up children who couldn't manage without their help.

Carers Week 2024



Carers Week (Monday 10th to Sunday 16th June 2024) is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.



Thursday 13th June
10.30am-12.30pm

Have fun trying out circus skills with Skylight

Come and join our Carers Week special event at Milnrow Cricket Club, Harbour Lane, Rochdale, OL16 4HF

Please book your space by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Lunch provided | Tea and coffee

Fitness with Frank | Crafts

Meet and chat with other carers

Gain support from Carers Information Support Officers



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. Please book in advance using details on page 9. 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.



'Caring Minds' Group

(For carers supporting someone with a diagnosed Mental Health condition)

Wednesday 15th May 10.00am-12.00pm

Wednesday 14th August 10.00am-12.00pm

**Sudden Resource Centre, Silk Street
Rochdale, OL11 3EU**

Please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

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 Carers' Hub professionals, to discuss conditions, how this may affect those being cared for and the impact it can have on carers and talk through useful strategies and support available.



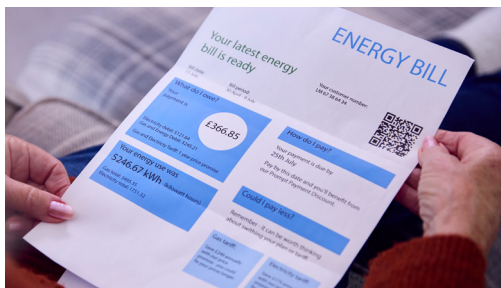
CPR/First-Aid Training Session

Friday 17th May 1.00pm-3.00pm

**Littleborough Coach House, Lodge Street,
Littleborough, OL15 9AE**

Please book your place by emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

This two-hour session will teach you the basics of CPR and First-Aid. In collaboration with Rochdale Occupational Health Service this informative session will equip you with potentially lifesaving skills. Please note that this session will involve kneeling (please bring a small cushion to kneel on if you find kneeling on the floor uncomfortable).



Energy and Bills Session

Monday 1st July 10.30am-12.00pm
St George's Church, Oakenrod, 386 Bury Road, OL11 4EB

Please book your place by emailing:
events@rochdalecarers.co.uk or calling:
03450 138 208

Come and join our energy and bills expert to learn ways to save money on those ever-increasing bills. Learn how to save energy around the home. You will have the opportunity to have a cup of tea or coffee and ask any questions you may have around energy and bills.



Social Fitness Session with Frank

Tuesday 4th June 1.00pm-2.30pm
Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

Please book your place by emailing:
events@rochdalecarers.co.uk
 or calling: **03450 138 208**

Our Volunteer Fitness Instructor, Frank, will host this session. There will be gentle exercises (that can be done sat down or standing up) and an informal chat about health, wellbeing, nutrition, fitness and breathing. This session will be gentle and can be done at your own pace. You will be asked to complete a PAR-Q form (Physical Activity Readiness Questionnaire) on the day. Please book your place. All welcome.



Smart House Tour and Assistive Technology Information

Tuesday 30th July 1.00pm-3.00pm
The Hub Alkington, Hardfield Road, Alkington, Middleton, M24 1TQ

Please book your place by emailing:
events@rochdalecarers.co.uk
 or calling: **03450 138 208**

This is an opportunity to have a look at 'The Smart House' in Alkington Hub, which includes rooms with Assistive Technology that may help you in your caring role. This includes CareLine, movement sensor mats, easy-use appliances etc. There will also be the opportunity to have a cup of tea or coffee and time to talk to a member of the Assistive Technology Team about what could be available to you.



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 phone camera to join, or type in the Meeting ID and passcode.

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

Weekly Zoom Sessions

Distance Reiki with Jo Fellows

Wednesdays 2.00pm-3.00pm*

Zoom Link | Meeting ID: 813 5194 3140 | Password: 940735



Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being.

Seasonal Flow Yoga with Jo Thorne

Every Wednesday, 6.15pm-7.30pm*

Zoom Link | Meeting ID: 892 6497 0582 | Password: 030426



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.

Yoga Nidra with Maxine Reid

Every Thursday 7.00pm

Zoom Link | Meeting ID: 870 8007 6510 | Password: 455916



Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.

*Subject to change.

Carers' Hub News and Information

Carefree



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 £33 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.

"It gave my husband and I an opportunity to have some time together. It made us realise how much we needed that "us" time. Christmas can be an extreme time of the year for our family so the break was much needed."

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.

Has anything changed?

We always want to ensure that we have the latest information on carers who are registered with us to ensure that we can continue to provide you with the latest information on our service and to offer you support, as and when you need it.

Please contact us if any of your details have changed (for e.g., names, telephone number, address, email) or if you are no longer a carer - so we can update our system. You can also let us know if your caring role has changed or maybe you haven't been in contact with us for a while and would like additional support or information from one of our Carers Information and Support Officer - please reach out to us.

To let us know about any changes or request for support, please call **03450 138 208** or email: enquiries@rochdalecarers.co.uk



Carers Choir

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 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.



Sharp Cross & Mann
solicitors

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 enquiries@rochdalecarers.co.uk to book a slot.

Other Events, News and Useful Information...



Our Young Carers Team offer support to children and young people aged 5-17 years old, visiting them in their school setting to talk to them about their caring role and how this impacts their lives. Recently the Young Carers have taken part in lots of fun activities including bird box painting, axe throwing, bowling and Sailing with Santa!

We are here to support all young carers, offering a wraparound package of support.

To get in touch, call 03450 138 208 or email: enquiries@rochdalecarers.co.uk



Sessions are fun, friendly and social. Pay as you-go. No membership required.

Pre-booking is required.

Please select 'Community Session' for activities at community venues for online bookings:

Information is correct at time of printing and may change.

For more information, please email us at activateme@yourtrustrochdale.co.uk

Booking Line: 07458 118 121
Sarah: 01706 926 239 - 07976 498 6294
Catherine: 01706 926 276 07814 771 271

Please also Like & Follow our Facebook page 'Activ8teME'



yourtrust

Adult Community Fitness Timetable

(Pre-booking is required for activities taking place at community venues)

Time	Activity	Price	Location
Monday			
10:00 AM	Zumba Basic	£1.50	Darnhill Library Argyle St, Heywood, OL10 3RY
10:30 AM	Zumba Basic [Class is on 1st floor – no lift available]	£3.00	St Martins Church Castleton Vicarage Road North, Rochdale, OL11 2TE
12:00 PM	Walking Netball	£3.00	Heywood Sport Village West Starkey St, Heywood, OL10 4TW
1:00 PM	Fun Dance	£3.00	The Hub, Alkington Hardfield Rd, Middleton, M24 1TQ
6:00 PM	Zumba	£3.00	Stanycliffe Social Centre Stanycliffe Lane, Middleton, M24 2PB
6:30 PM	Yoga	£3.00	Hollingworth Academy Cornfield St, Milnrow, OL16 3DR
7:30 PM	Dancercise	£3.00	Hollingworth Academy Cornfield St, Milnrow, OL16 3DR
7:00 PM	Quiz	FREE!	Online
8:00 PM	No Strings Badminton	£3.00	Littleborough Sports Centre Calderbrook Rd, Littleborough, OL15 9JN
Tuesday			
9:00 AM	Over 50's Sport and Fun [Badminton, Short Tennis, and Table Tennis]	£4.50	Rochdale Leisure Centre [3 hour session] Entwisle Rd, Rochdale, OL16 2HZ
12:00 PM	Fun Dance	£3.00	Heywood Sport Village West Starkey St, Heywood, OL10 4TW
5:00 PM	No Strings Badminton	£3.00	Heywood Sports Village [2 hour session] West Starkey St, Heywood, OL10 4TW
6:00 PM	Zumba	£3.00	Heywood Sports Village West Starkey St, Heywood, OL10 4TW
6:15 PM	Legs, Bums & Tums	£3.00	Stanycliffe Social Centre Stanycliffe Lane, Middleton, M24 2PB
7:15 PM	Pilates	£3.00	Stanycliffe Social Centre Stanycliffe Lane, Middleton, M24 2PB
Wednesday			
10:00 AM	Fun dance	£3.00	Stanycliffe Social Centre Stanycliffe Lane, Middleton, M24 2PB
11:30 AM	Zumba Basic	£3.00	Heywood Sports Village West Starkey St, Heywood, OL10 4TW
5:45 PM	Yoga	£3.00	Hollingworth Academy Cornfield St, Milnrow, OL16 3DR
6:30 PM	No Strings Badminton	£3.00	Rochdale Leisure Centre Entwisle Rd, Rochdale, OL16 2HZ
Thursday			
9:45 AM	Best of 50's and 60's [Class is on 1st floor – no lift available]	£3.00	St Martin's Church Castleton Vicarage Road North, Rochdale, OL11 2TE
11:00 AM	Zumba Basic	£3.00	Rochdale Unitarian Church Clover Street, Rochdale, OL12 6TP
6:00 PM	Yoga	£3.00	Heywood Sports Village West Starkey St, Heywood OL10 4TW
Friday			
9:30 AM	Best of 50's and 60's	£3.00	The Hub, Alkington Hardfield Road, Alkington, Middleton, M24 1TQ
Group Led Walks – FREE!		Learn to Cycle – FREE!	Walking Football

Jobseeking Support

Are you looking for support to find work or get the skills you need to secure a new job to fit around your caring role? If so, why not take a look at the Get Rochdale Working Facebook page.

This group will provide regular updates on employment, training, and volunteering opportunities across Rochdale borough for local residents.

Get Rochdale Working offer regular drop-in sessions to support you in your job search:

Monday

Heywood Library, 9.30am-4.00pm (reoccurring every week)

Middleton Library, 9.30am-12.30pm (reoccurring fortnightly, the next drop in will be on Monday 1st April)

Tuesday

Heywood Library, 9.30am-4.00pm (reoccurring every week)

Wednesday

Number One Riverside, 9.30am-2.00pm (reoccurring every week)



Get Rochdale Working

Connecting local people to local jobs and training courses

✉ jobsandskills@rochdale.gov.uk

☎ 01706 926657

Facebook.com/groups/GetRochdaleWorking



CARING AND SHARING

MAKING A POSITIVE CHANGE IN OUR COMMUNITY

Presents

BEFRIENDING SERVICE

FOR THE ELDERLY (OVER 60)

Over 60 and looking for a friend to chat with? Sign up for our Befriending Service and join our VIP over 60'S group.

What We Will Offer:

- ✓ Regular Check-In Phone Calls
- ✓ Access to a VIP Over 60's group
- ✓ Monthly Interactive Group Sessions



We care for you and want to see you!

Contact Us:

☎ 07944238892

✉ info@caringandsharingrochdale.org

🌐 www.caringandsharingrochdale.org

FUNDED BY



Carers' Hub Rochdale Social Media and Information Platforms



Please look at "like" and "follow" our Facebook page by logging into Facebook and searching for Rochdale Adult Carers by following the link:

facebook.com/Rochdale-Adult-Carers



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 2,000 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

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!

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 hours 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 926232

Thinking Ahead

(Mental Health & Wellbeing Service)

01706 751180

Stroke Association - Rochdale

01706 657 269

Carers Allowance Unit

0800 731 0297

Personal Independence Payment

0800 917 2222

Attendance Allowance

0800 731 0122

Disability Living Allowance

0800 731 0122

Dementia Connect (Alzheimer's Society) Helpline

0333 150 3456

SafeNet Domestic Abuse Service

0300 303 3581

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



carers'
HUB

Rochdale

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 we do our best to print accurate information, times, dates, and venues may be subject to change at short notice.

Please check our Facebook [facebook.com/groups/Rochdale Adult Carers](https://facebook.com/groups/Rochdale%20Adult%20Carers) or call **0345 0138 208** before setting out.



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