

Spring / Summer Edition 2023

Newsletter

Bury

carers'
HUB



**ONE
IN EIGHT**

people in the UK
are Carers

Welcome
to the

6

th Bury
Carers' Hub
Magazine

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 carers own health and wellbeing.

Welcome to the Spring/Summer edition of the Bury Carers' Hub Magazine

We hope that this magazine finds you well, and that the weather stays bright and warm for you all. 😊

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. We are fully open, and everyone's wellbeing is so important. Our service is centred around YOU, so please do reach out and tell us what you'd like to see.

We'd like to inform you about some fantastic news – we have been successful in extending our contract with Bury Council, and so will be here to help and support all adult carers until at least May 2024! Thank you to all of you who have supported us, we could not have done it without you, and we are truly grateful that we are able to do the work we do.

Reflecting on the last few months, we've had a fabulous time with our regular favourite events as well as some new special events and training. It is so wonderful to see so many carers access not just a break, but an opportunity to meet other carers and our team for much needed advice, emotional support and laughter.

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, quizzes 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/https://www.n-compass.org.uk/our-services/carers/bury-carers-hub>

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 Spring and Summer 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 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



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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, 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](tel:01612535151).

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 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, currently digitally, 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.



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.

Say hello to our wonderful volunteers



Judith
Volunteer Peer Befriender

Judith is a carer and volunteers for us. She supports carers on our CHAT Line and 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 Robinson
Volunteer Peer Befriender

Tim started volunteering with Bury Carers' Hub in March 2022. He has become a firm favourite with the staff and carers. Tim works alongside the team at our weekly coffee morning. He welcomes people, chats with carers, helps with refreshments and makes sure everyone attending has a good experience. Tim has also been volunteering at Fairfield General Hospital as part of our pilot Carers Discharge Project. Tim is a great addition to the team.



Bethany Jolliffe
Volunteer Peer Befriender

Bethany first joined the BCH team as a student social worker undertaking her 70-day placement. Bethany loved it so much and made such a difference to our carers that she now volunteers with us and is also registered as a carer. Bethany always has a smile and a kind word for all our carers. She juggles university, caring and volunteering

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.

If you would like more information on how you can develop and shape services, please speak with a member of the team.

Spotlight on...



Jayne Harrison
Service
Manager

I have worked with carers since 2002. I started in Bury, and moved throughout Greater Manchester, managing teams and services supporting carers. In my previous life I was a nurse. I have been a carer for my late husband and another family member so fully understand how supporting a loved one, friend or neighbour can impact on your own wellbeing. I have the best job in the world 😊.

Outside of work I have my two fur babies, Nobby and Frank, both rescue dogs and both needy! I love to potter and my happy place is the seaside, home or away.

What We've been up to!

The team are always planning and delivering groups and activities throughout the borough of Bury. We have had musical afternoons, joined art groups, facilitated training for our carers and welcomed old friends and new. The smiles tell us so much....THANKYOU



Art group



Choral event



Coffee morning



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.



Wellbeing training

Social Media



Facebook

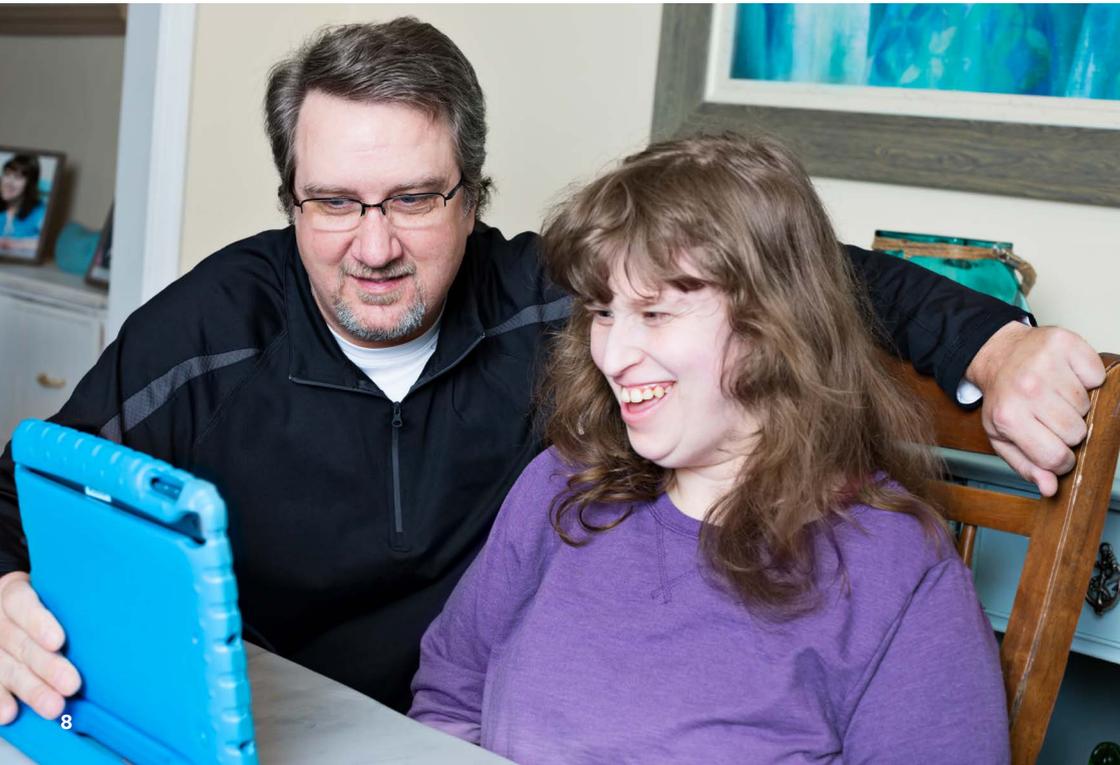
Please “like” our Facebook page by logging into Facebook and searching for ‘Bury Carers’ Hub’ or click on the following link <https://www.facebook.com/Bury-Carers-Hub-100983494977654>

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’.



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>

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.

Radcliffe

The Radcliffe Carers Clinic meets **FORTNIGHTLY, TUESDAYS 10.30am-12.00noon**. 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: 6th June, 20th June, 4th July, 21st July and every fortnight.

Prestwich

Our Prestwich Carers Clinic is **FORTNIGHTLY on THURSDAYS 1.00pm-2.30pm** at Prestwich Social, Longfield Precinct, Prestwich. Come along and relax in a chilled environment. Free parking on the Longfield and Fairfax Road Car Parks.

DATES: 1st June, 15th June, 29th June, 13th July and every fortnight.

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. This is a new venue for Bury Carers and we welcome your feedback

DATES: 26th May, 30th June, 28th July and monthly

Whitefield

Come and join us on a **MONDAY 1.00pm-2.30 pm** every **FORTNIGHT** at The Sir Robert Peel Sunnybank Road. We have recently moved to meeting here and carers really like it!

DATES: 12th June, 26th June, 10th July, 24th July 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-12.00noon**. 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, a really supportive and safe space to meet.

DATES: 31st May, 14th June, 28th June, 12th July and weekly.



Zoom Activities (All Carer Services)

Weekly Sessions

Seasonal Flow Yoga

Every Wednesday 6.15pm to 7.30pm

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

General Knowledge Quiz

Every Wednesday. 7.30pm

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJabIR3OGJnOXg4TTBBc3dYeVpwdz09>

Meeting ID: 922 4867 7156

Password: 269978

Fortnightly and Monthly Sessions

Male Carers Group

Fortnightly on Wednesdays 2.30-4.00pm

Zoom Link: <https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhoZz09>

Meeting ID: 925 7085 2288

Password: 150398



Walk & 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 Spring and Summer walks programme so please keep in touch, check our website, social media or speak with a member of the team

PLACES LIMITED THEREFORE BOOKING ESSENTIAL

For more information, please contact:

Bury Carers' Hub Jacqui.Byron@burycarershub.org.uk 0300 303 0207





'Recognising and supporting carers in the community'

Carers Week 2023

Carers Week 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. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities and highlight the vital role carers play in our communities, drawing attention to just how important caring is.

The theme for Carers Week 2023 is **'Recognising and supporting carers in the community'**.

During the week we will have treats at all our Coffee & Chat sessions and will be hosting Celebration Events for carers boroughwide. All events are free and are for carers registered with Bury Carers' Hub. Some will be bookable due to limited availability.

PLEASE KEEP IN TOUCH FOR MORE INFORMATION.



The Volunteer Hub

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 Carers' 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



The Volunteer Hub
PEN PALS

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, 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 1700 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@burycarehub.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.

The aim of the briefing is to:-

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

Phone **0300 303 0207** or email Jayne.harrison@burycarershub.org.uk



ONLINE DEMENTIA SUPPORT GROUP



Greater Manchester | LGBTQ+

A safe and friendly space to express yourselves and support each other:

- Speak or listen in an LGBTQ+ safe space
- Be anonymous if you prefer
- Make friends / connections
- Talk about issues that are important to you
- Guest speakers
- Fun monthly quiz



First Tuesday of the month | 2pm - 3.30 PM



Zoom meeting



Contact Kathryn Mellor –

kathryn.mellor@lgbt.foundation

for zoom details and further information

Join our online peer support group for people living with or caring for someone with dementia, who identify as LGBTQ+ (lesbian, gay, bisexual, trans, queer). We are here to provide you anonymity in a friendly and safe environment where you can share your experience or concerns with like-minded people.

LET'S manage tough times

Find a warm welcome across the borough. We have a range of venues and activities where residents can keep warm this winter

Please find below some useful key pages to promote that are available on the Bury Directory for residents and staff to keep warm and well during hard times.



Warm Spaces Bury

Your guide to warm community spaces in and around the Bury borough, plus information on The Greater Manchester Ageing booklet bringing together key information for older people on cost of living support with messages focusing on three themes - 'stay warm', 'stay safe' and 'stay well'. Visit <https://theburydirectory.co.uk/warm-spaces-bury>.



Antipoverty & Financial Wellbeing

No one should have to live in poverty and deprivation. But the reality is, millions of people around the world do. Find information and advice and top tips to help improve your financial situation on <https://theburydirectory.co.uk/anti-poverty-financial-wellbeing>



Bury Money Advice Referral Tool

The aim of the MART is to help organisations/professionals ensure that the people who are struggling financially maximize their income by accessing all the support that is available to them. Visit <https://theburydirectory.co.uk/the-bury-money-advice-referral-tool-mart>



Winter Well

This page should help support you to stay as well as possible during the colder months on many issues. <https://theburydirectory.co.uk/winterwell>



Home Improvement

Our homes are important to us. They provide shelter, safety, and comfort. That's why it's so important to deal with home and housing issues as and when they arise. For further information on services who can help in relation to various issue visit <https://theburydirectory.co.uk/home-improvement-winter-well>



Let's eat & stay well this winter

It is safe to say that winter in the UK can be a particularly tough time for some when it comes to food. If you or someone you know is struggling, then take a look at the link and see what support is available to Bury residents. <https://theburydirectory.co.uk/food-winter-well>



Public Health Self Care Guide

Self Care is about helping you take control of your health and wellbeing, so you are less likely to develop health conditions and become reliant on health services. Find out what is available within Bury to empower you to live a happier and healthier <https://theburydirectory.co.uk/self-care>. There is also information on where to go to get treatment when required.



aBetterYou

A digital wellbeing self-assessment tool, encouraging Bury residents to reflect on different aspects of their life, empowering them to make positive changes to their habit's and behaviours. For further information visit <https://theburydirectory.co.uk/self-help-tool>



While You Wait

This page offer information to support patients waiting for hospital treatment. Visit <https://theburydirectory.co.uk/whileyouwait> to find out more information on how to keep well and improve your health and wellbeing while waiting.



MORE INFORMATION

- Parents and carers of young children can find help to stay safe and healthy this winter with a new [handy online guide](#). The booklet is part of the NHS Greater Manchester 'Get to Know Where To Go' campaign. It is packed full of tips and information on how to keep little ones healthy, what to do if they become unwell, and the best place to go for expert advice and help. With many families facing the challenge of rising costs this winter, it also includes details on how to find a food bank and where to go with money worries. The booklet was developed by the Children and Young Peoples Strategic Clinical Network and Communications and Engagement Team.
- 10GM, has produced a [list](#) of home from hospital services across Greater Manchester, which provide support such as transport, prescription collection, food supplies and mental health support to patients who have just been discharged from hospital.



Money Advice Bury

Version 1 - November 2022

Online version available at: gmpa.link/BURY

User reporting: gmpa.link/monitor



CA Citizens Advice Bury & Bolton

Free, independent and confidential advice. Offers specialist services in benefits, money advice, debt, housing, community care and immigration.

Referral via website: www.cabb.org.uk

Freephone Adviceline: **0808 278 7804**

(Mon to Fri, 10:00 – 4:00)

For Universal Credit support: **0800 144 8 444**

RB Bury Revenue & Benefits Team

This team provides a service that incorporates several areas of support which require us to look at financial difficulty and determine if any of our discretionary payment schemes are appropriate.

Please see links below:



Crisis payments/Support fund: gmpa.link/Crisis

Resettlement grants: gmpa.link/Crisis

Discretionary housing payment: gmpa.link/H&CT

Discretionary council tax payment: gmpa.link/H&CT

Household support fund: **0161 253 5400** or

gmpa.link/HSF

How to access services

CP Christians Against Poverty

Free debt and budgeting help from a friendly team run through the local church network. Help you to find the best way out of debt, work out a budget for you, and walk with you every step of the way. Supports anyone regardless of their faith.

Tel: **0800 328 0006** for appointments
(Mon to Thu, 9:30 to 5:00 & Fri 9:30 to 3:30)

EW Energyworks at Groundwork

Energyworks provide advice, support and information to eligible households around energy efficiency in the home, applications for grants and additional support available as well as the installation of small measures such as LED lightbulbs.

Tel: **0800 090 3638**
(Mon to Thu, 9:00-5:00 & Fri, 9:00 - 12:00)
Online referral: gmpa.link/Groundwork

EW Eagles Wing

Handles applications to the Migrant Destitution fund for eligible people living in Bury.

Email: sue.k.arnall@gmail.com

Created by Greater Manchester Poverty Action in collaboration with the Bury VCFSE sector & Bury Council. Thanks to the Trussell Trust for funding development of the Money Advice Referral Tool.



For wider information about support and provision available in Bury visit www.theburydirectory.co.uk or phone the Hub contact centre on **0161 253 5400**.

Other support

Borrowing and saving

Credit Unions (gmpa.link/CU) are local not-for-profit firms offering savings accounts and low-cost loans subject to affordability.

Domestic abuse

SafeNet

Provides advice, support and emergency accommodation for those affected by domestic violence and abuse **0300 3033 581**

Drug and alcohol

Achieve Bury

Provides support including addressing wider issues which can prevent or slow down recovery. **0161 271 0020**

Gambling

Beacon Counselling Trust

Local support for anyone affected by gambling, including those affected by someone else's gambling. **0151 226 0696**

Homelessness

Homelessness & Housing Options

Assessment of entitlement to housing for people who are, or liable to be, homeless **0161 253 5537**
hat@bury.gov.uk

Mental health

Bury Involvement Group

Provides peer support groups to meet others who understand living with a mental health condition. **0161 222 4005**

_able futures

Provides tailored help to people in work and in need of support managing their mental health. **0800 321 3137**

Getting Help Line

Confidential helpline to support people experiencing difficulties with their mental wellbeing. **0161 464 3679**
Mon-Sat, 8:00-8:00

Support for people of pension age

AU

Age UK Bury

www.ageukbury.org.uk

Support with pension age benefit applications, and advice on issues impacting older people.

0161 763 9030

Tenants of social housing providers

Registered social landlords provide many of the advice services described throughout this tool. Tenants of these housing providers may want to check first with their provider what support it can offer them.



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

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 allocate the bottle and find vital medical information and details of emergency contacts via the form contained within the bottle. Ask a member of the team if you would like to receive a 'bottle'

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 like-minded people. Armed forces, regular and reserves, Veterans, Blue Light Services, and family members are all shown a warm welcome.



Learning Opportunities

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.

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 on line 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.

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

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 and 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:

- One-to-one 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”

Caring for Adults

Free online learning through the Open University “Caring for Adults” is an introductory course for anyone in a caring role, either paid or unpaid. It builds on what you already know to give you a better understanding of your role as a carer. It also supports your own well-being by giving you some ideas and information about looking after yourself and dealing with stress.

Course Outcomes are as follows:

- Describe the role and responsibilities of carers
- Recognise some of the basic concepts that will enable a person-centred approach to care

<https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-adults/content-section-overview?active-tab=description-tab>



Thrive In Bury

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>

Visit Bury

Lots of information and suggestions for a great day out.

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

The Met

The Met is a stunning, award winning live music venue noted nationally for its specialist folk music programme.

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

Bury Market

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

All stalls (essential and non-essential) are once again there to welcome you on the regular market days of Wednesday, Friday, and Saturday, with Market Hall and Fish & 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 & 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

Carers Corner



Contributions from our wonderful Carers

A book review by Carole Martin

Travellers to Unimaginable Lands – Dementia, Carers, and the Hidden Workings of the Mind

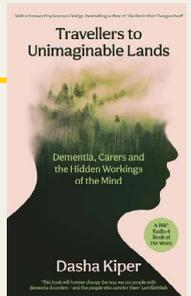
by Dasha Kiper

(Carole is not someone who cares for a person with dementia but knows and admires many who do.)

Based on observations from many years of supporting carers, in this book the author thinks, carefully and philosophically, about what's really going on in often complex and confusing interactions between the person with dementia and their carer. Why do we dispute our loved one's reality? Why do we assume rationality – at least sometimes? Why, in spite of our very best intentions fuelled by love, do we blame them and struggle painfully against their world?

Caring for someone with dementia is the hardest of tasks. Kiper suggests there's a fine line between responding to their random intermittent rational periods and then slithering to the alternative 'dementia reality' in which maybe they don't know who you are, or endlessly repeat the same question, or keep you up all night. And that fine line, requiring endless and relentless adaptation, is almost impossible to tread. Yet so many carers do.

This author is American and all her examples and most of the academic writers she quotes are USA based. Her thoughts and case stories are illuminating. This isn't a quick or easy read, but it certainly makes us think.



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

Do not ask me to remember - Owen Darnell

Do not ask me to remember
Don't try to make me understand
Let me rest and know your with me
Kiss my cheek and hold my hand

I am confused beyond your concept
I am sad and sick and lost

All I know is that I need you
To be with me at all cost

Do not lose your patience with me
Do not scold or curse or cry

I can't help the way I'm acting
Can't be different though I try

Just remember that I need you
That the best of me is gone
Please don't fail to stand beside me
Love me till my life is done

Making bread with Scott Joplin - Carole Martin

And what's the next task? Today, making bread
at nine in the morning. First, 'Maple Leaf Rag'.
In the brown bowl, the flour – both kinds, white and brown
measured out of the bag.

Add the salt and the yeast, as the notes tumble down -
'Sunflower Slow Drag'; that lilt in the bar
marking out where we are -

Irresistible, joyous. Now, listen to this -
the honey, the kettle, the water, the oil
make a jugful of gold.

It's time for the magic, the time to embroil
that impossible moment, the dry and the wet -
and it's dough that we get,

turned out on the worktop, and pummelled and pushed.

The honky-tonk music makes kneading a stroll -
the kneading as music, the music as dough
the mix all alive-alive-oh!

Yeast bubbles remember their primeval role,
notes fall into place with a floury fall.
You may think it's a sprawl

of flour on the jumper, of fingers on keys,
crocks pile in the sink, notes fly in the air,
but beneath is the ease

of us knowing our work, Scott Joplin and I.
We've done it before, we're completely aware
of the key and the tempo, the slow baking dance.
The bread and the music, precision and care;
warm loaves on the rack, cool notes in mid-air.





Easy Veg Curry

Ingredients

- 1-2 tbsp red Thai curry paste (depending on taste)
- 500ml vegetable stock
- 2 onions, chopped.
- 1 aubergine, diced.
- 75g red lentil
- 200ml can reduced-fat coconut milk.
- 2 red or yellow peppers, deseeded and cut into wedges.
- 140g frozen pea
- 100g bag baby spinach, roughly chopped.
- basmati rice and mango chutney, to serve.

Method

STEP 1

Heat the curry paste in a large non-stick saucepan with a splash of the stock. Add the onions and fry for 5 mins until starting to soften. Stir in the aubergine and cook for a further 5 mins – add a little more stock if starting to stick.

STEP 2

Add the lentils, coconut milk and the rest of the stock, and simmer for 15 mins or until the lentils are tender. Add the peppers and cook for 5-10 mins more. Stir through the peas and spinach and cook until spinach has just wilted. Serve the curry with rice and mango chutney.



Pavlova

Ingredients

- 4 Large egg whites
- 225g Caster Sugar
- 2 tsp Cornflour
- 2 tsp White vinegar

For the filling:

- 300 ml Whipping cream or Double cream
- 350g Strawberries (or chosen fruit)

Method

1. Preheat the oven to 160°C/Fan 140°C/gas 3. Lay a sheet of non-stick baking parchment on a baking sheet and mark a 23cm (9in) circle on it.
2. In a large mixing bowl, beat the egg whites until stiff and cloud-like. Add the sugar a teaspoon at a time, whisking thoroughly after each addition until all the sugar is incorporated. Whisk together the cornflour and vinegar, then add to the meringue mixture. Spread the meringue to cover the circle on the non-stick baking parchment, raising the sides higher than the centre.
3. Put in the oven, but immediately decrease the temperature to 150°C/300°F/gas 2. Bake for about 1 hour or until firm and pale beige in colour. Turn off the oven and leave the Pavlova to cool while still in the oven. Keeping the oven door closed will make the meringue more like a marshmallow texture.
4. Slide the cooled Pavlova onto a serving plate off the baking sheet and paper. Top with whipped cream and strawberries or chosen fruit, then chill in the fridge for 1 hour before serving.

TEST YOUR BRAIN

Brain Training



Questions

1. 'The First Day of Summer' is an annual public holiday celebrated in which European country in April?
2. Can you give the first line of Grease's 'Summer Nights' lyrics?
3. Which feast day falls on July 15 every year?
4. Who was credited with saving 77 lives during seven summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
5. Which singer was known as the 'Queen of Disco'?
6. Who met and fell in love with Marge Bouvier in a 1974 summer camp?
7. Which novel is told partly by its heroine Esther Summerson?
8. The "dog days of summer" are named after the Dog Star; what is the better-known name of this star?
9. What term is often given to a period of dry hot weather that occurs in the autumn?
10. 'Shall I compare thee to a summer's day' is the first line of which William Shakespeare sonnet?
11. What was the first name of Clegg in the sitcom Last of the Summer Wine?
12. The summer solstice occurs in the Southern Hemisphere during which month?

Answers at the back...NO CHEATING !

Other Useful Information



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



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

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

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.

tfgm.com/public-transport/ring-and-ride-minibuses.

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 our 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 Autumn/Winter 2023/24 edition is due out in October 2023. We are keen to share your stories, jokes, recipes, book suggestions and reviews and general observations of life.

If you would like to contribute, please email jayne.harrison@burycarershub.org.uk by Friday 8th September 2023

Quiz Answers

- | | |
|---------------------------------|------------------|
| 1. Iceland | 7. Bleak House |
| 2. Summer loving had me a blast | 8. Sirius |
| 3. Saint Swithins | 9. Indian Summer |
| 4. Ronald Reagan | 10. Sonnet 18 |
| 5. Donna Summer | 11. Norman |
| 6. Homer Simpson | 12. December |

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.



Spring / Summer Edition 2023

Newsletter

Bury

carers'
HUB



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

n-compass is registered in England & Wales as a Registered Charity 1128809 and as a company limited by guarantee No. 06845210

n|compass
towards a brighter future

Bury
COUNCIL

**Greater
Manchester
Integrated Care
Partnership**