

January to March 2022

Happy New Year!

We hope this bulletin finds you safe and well and you have enjoyed the festive season! As usual, we have included a lot of information which we hope is useful to you.



We are continuing to offer coffee and chat sessions in the community in a COVID safe way. We hope to be adding more opportunities for you as time progresses, please keep an eye on our social media pages and website for further information or call our Service Access Team. In the meantime, if you wish to come along to a coffee and chat, please book in advance so that we can be sure that our get togethers are safe, well controlled and we can contact you if anything changes.

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

We hope the information in this bulletin is interesting and helpful. We are here to support you and can be contacted through our Service Access Team on 0300 303 0208 or by email to enquiries@cheshireeastcarershub.co.uk. Please let us know if you change your postal or email address or no longer wish to receive our newsletters and bulletins so we can update your details.

Wishing you all a happy and healthy 2022

Cheshire East Carers' Hub Team

Cheshire East Carers' Hub

Tel: 0300 3030 208

Email: enquiries@cheshireeastcarershub.co.uk

Web: www.cheshireeastcarershub.co.uk

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Support for Adult Carers

Carers' Line

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call to, or to take a message for a Carers Assessment and Support Officer. To talk to a Service Access Advisor please call **0300 303 0208**.

Support from a dedicated Carers Assessment and Support Officer

Discuss with a dedicated Carers Assessment and Support Officer about 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 and can facilitate access to community health and wellbeing services, activities and much more. We have specialist staff in fields such as dementia.



Carers' Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence- call the Carers' Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a Volunteer please call **0330 022 5448**. In the event that a volunteer is not immediately available to answer your call, please do try again.

Carers Community Network



This is our 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.

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 1400 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 contact our Service Access Team on 0300 303 0208 who will be happy to support you with this. You will just need to provide them with your name and email address.***

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Social Media



Facebook

Please have a look at and "like" and "follow" our Facebook page [@cheshireeastcarers](#). From there you can find out more about our groups for both Adult and Young Carers. They are both closed groups for Carers in Cheshire East. We will keep you updated with activities and events across the county and will also ensure that any changes or news is posted here. To join, search "Cheshire East Carers Hub" or "Cheshire East Young Carers Hub"



Twitter

Follow us [@_ncompass](#)

Carer Emergency Card

Having a contingency plan in place can help to provide peace of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency.

Cheshire East Carers' Hub can provide you with a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place.



Please be aware that care will not be provided by Cheshire East Carers' Hub or any external services. The card is to help identify you as a Carer and ensure that there are contact details for a nominated person to support the person you care for in the event that you are unable to do so.

If you would like to receive a card and a template support plan, please call our Service Access Team on 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk

Let's Catch Up!

Please come and join us for a catch up and a coffee, meet other Carers and Cheshire East Carers' Hub staff.



If you would like to attend any of the coffee and chats please let us know in advance. We need to ensure we arrange enough places and that we are adhering to Covid-19 government guidelines (if applicable) and be able to get in touch with you if arrangements have to change.

Please email enquiries@cheshireeastcarershub.co.uk or call our Service Access team on 0300 303 0208 to secure your place.

Alsager

Alsager Library (upstairs room), Sandbach Road North, Alsager. ST7 2QH

Third Tuesday of the month from 1.00pm until 3.00pm

18th January, 15th February, 15th March 2022

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Congleton (new time!)

New Life Church, West Road, Congleton. CW12 4EY

Fourth Wednesday of the month from 2.00pm until 4.00pm

26th January, 23rd February, 23rd March 2022

Crewe

Wishing Well, Jubilee House, St. Pauls Street, Crewe. CW1 2QA

Second Thursday of the month from 1.00pm until 3.00pm

13th January, 10th February, 10th March 2022

Holmes Chapel (new venue!)

Holmes Chapel Library Meeting Room, London Road, Holmes Chapel CW4 7AP

Fourth Friday of the month from 10.30am until 12.30pm

28th January, 25th February, 25th March 2022

Macclesfield

The Cherry Blossom Bakery, 6 Church Street Macclesfield. SK11 6LB

Cupcake and a Brew on Friday 21st January 2022 12.30pm until 2.30pm

Fairways Garden Centre, Bullocks Lane, Sutton, Macclesfield. SK11 0HE

Breakfast Butty and a Brew on Friday 18th February 2022 9.30am until 11.30am

The Cherry Blossom Bakery, 6 Church Street Macclesfield. SK11 6LB

Cream Tea on Friday 18th March 2022 12.30pm until 2.30pm

Middlewich

Willowmere, East Road, Middlewich. CW10 9PY

Second Thursday of the month from 10.30am until 12.30pm

13th January, 10th February, 10th March 2022

Nantwich (new venue!)

The Wishing Well Café, Mill House, Queens Drive Nantwich CW5 5BX

Fourth Wednesday of the month from 10.30am until 12.30pm

26th January, 23rd February, 23rd March 2022

Poynton

The Kingfisher, London Road South, Poynton. SK12 1NJ

Fourth Tuesday of the month from 2.00pm until 4.00pm

25th January 2022

Civic Hall, Park Lane, Poynton. SK12 1RB

Fourth Tuesday of the month from 2.00pm until 4.00pm

22nd February, 22nd March 2022

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Sandbach

The Old Hall, High Street, Sandbach. CW11 1AL

Second Wednesday of the month from 1.30pm until 3.30pm

12th January, 9th February, 9th March 2022

Wilmslow

The Topiary Café, Wilmslow Garden Centre, Manchester Road, Wilmslow. SK9 2JN

Third Friday of the month from 2.00pm until 4.00pm

21st January, 18th February, 18th March 2022

Zoom Activities for Carers

Sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other Carers or have some "me" time with our gentle exercise sessions for all abilities. 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 or simply click the links on each of the meetings to join in.



Evening Coffee and Chat every Tuesday 7.00pm until 8.00pm

<https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: 959 5053 8168

Password: 559497

General Knowledge Quiz every Wednesday at 7.30pm

<https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpwdz09>

Meeting ID: 922 4867 7156

Password: 269978

Distance Reiki every Wednesday 2.00pm until 3.00pm

<https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWMxWnMwZz09>

Meeting ID: 813 5194 3140

Password: 940735

Seasonal Flow Yoga Every Wednesday 6.15pm until 7.30pm (no session 30th March)

<https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDMRcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

Yoga Nidra Every Thursday at 7.00pm

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

Meeting ID: 870 8007 6510

Password: 455916

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Frank's Walk a Mile Fortnightly Club Tuesday 1.30pm until 2.15pm

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank
11th & 25th January, 8th & 22nd February, 8th & 22nd March 2022

<https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNZz09>

Meeting ID: 939 4650 6425

Password: 513539

Male Carers Monthly Chat Wednesday 1.00pm until 3.00pm

26th January, 23rd February, 30th March 2022

<https://zoom.us/j/92570852288?pwd=NEEzUDhlR1QrUXRnQmRLOHREcUhOZz09>

Meeting ID: 925 7085 2288

Password: 150398

Young Adult Carers (18-24) Monthly Chat Tuesday 6.00pm until 7.00pm

11th January, 8th February, 8th March 2022

<https://zoom.us/j/98052593267?pwd=R1RmQStWYmtGSzJjUlJIREIEam5Ydz09>

Meeting ID: 980 5259 3267

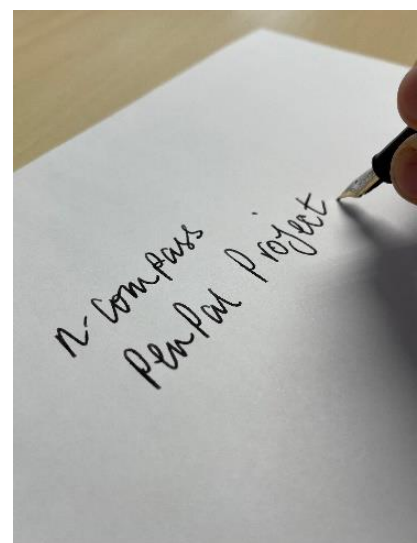
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Do you prefer the written word to emails, texts and video-calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month... using good old-fashioned pen, paper and The Post Office! This 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 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, 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 Neil Sladen on 07902 703028 (Mon-Wed) or email volunteering@n-compass.org.uk



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My Sunshine Pack

My Sunshine Pack is a selection of activities, easy reads and ideas put together by our volunteers for you to enjoy in your own time in the comfort of your own home.



They are available to download from our web page (please scroll down to the last file in our "Service Resources" <https://www.n-compass.org.uk/our-services/carers/cheshire-east-carers-hub>). If you don't have digital access and would like to receive a written copy, please contact our Service Access Team with your request.

New My Sunshine Packs are added regularly and include a wide variety of activities each time. We have designed our activities with Carers in mind who are unable to access our online support groups and activities at this time, but still keep connected and involved with what we are doing!

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing admin@n-compass.org.uk or calling 03450 138208. Enjoy!

Get the help you need today with our Digital Resource for Carers



Cheshire East Carers' Hub has teamed up with Carers UK to offer Carers a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage. The resource has lots of features including money advice, self-care, nutrition, Carers Rights, technology and a self-advocacy guide. Sign-up today! To get **free** access to all the products and support resources click on the link or visit carersdigital.org and use our free access code; **DGTL2946**

Carers have played an invaluable role absorbing and reducing strain on the NHS and providing support for those they care for. The Department of Health and Social Care (DHSC) are extending nationally an offer of free PPE for Covid-19 needs to all extra-resident Carers (i.e. those who don't live with the person they care for).



If you are providing personal care to someone outside your home and you'd like to discuss a request for PPE, please contact Cheshire East Carers' Hub on 0300 303 0208.

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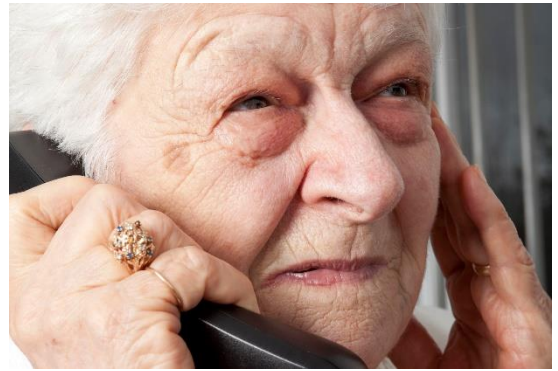
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NHS

Cheshire East Council



Useful Numbers

Cheshire East Carers' Hub

0300 303 0208 (Monday to Friday 9:00am until 5.00pm)

Carers' Help and Talk (CHAT) Line

0330 022 5448

Cheshire East Adult Social Care

0300 123 5010 (office hours)

Cheshire East Adult Social Care

0300 123 5022 (Emergency out of hours duty team number)

Cheshire East Children's Social Care (ChECS)

0300 123 5012

Carers UK Advice Line

0808 808 7777

NHS Carers Direct Helpline

0300 123 1053

Dementia Helpline (Dementia UK)

0800 888 6678

Dementia Connect Support Line (Alzheimer's Society)

0333 150 3456

NHS 111 Service for non-emergencies

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

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