

Spring/Summer 2025

Bury

carers'
HUB

Newsletter



Welcome
to
the **10th**
Bury Carers' Hub
Newsletter

n|compass
towards a **brighter** future

Bury
Council

Greater
Manchester
Integrated Care
Partnership

Welcome to the 10th edition of the Bury Carers' Hub Magazine.

Longer days and blue skies are just around the corner. Sunshine is a natural mood booster and can improve our wellbeing. Grab a free dose of vitamin D and let's all look after ourselves and each other. Your wellbeing is important to us. Our service is centred around YOU and those you support.

We are 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.

Zoom activities and workshop sessions are still ongoing. If you have not used zoom before, go to <https://zoom.us/meetings> to register. We offer weekly activities around staying well.

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.

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

The Bury Carers' Hub team would like to say a massive thank you to all our volunteers. You all really make a difference.

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

Be well, stay safe and we hope to see you very soon!

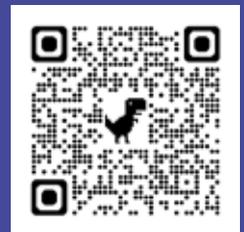
Bury Carers' Hub Team x



How to contact us

BURY CARERS' HUB

-  **Opening Times:**
Monday to Friday 9.00am to 5.00pm
-  **Telephone:** 0300 303 0207 (calls charged at local rate)
-  **Email:** enquiries@burycarershub.org.uk
-  **Website:** www.burycarershub.org.uk
-  **Online Chat:** www.n-compass.org.uk/services/carers-support



What our Service Offers

n-compass Bury Carers' Hub provides a single point of access for all adult carers (18+) supporting another adult living in Bury. The Hub exists to ensure that carers have access to information, advice, and a wide range of support services.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.

As a carer registered with Bury Carers' Hub, support available includes:-

- ✔ Access to a specialist staff member with 1-2-1 or group-based support
- ✔ Help to take a break from your caring responsibilities
- ✔ Access to online support including our Carers' Community Network
- ✔ Access to a CHAT Line delivered by other carers
- ✔ Access to peer support
- ✔ Providing information, advice and guidance on a variety of topics
- ✔ Support to access community, health and wellbeing services
- ✔ Access to activities, training and much more
- ✔ Providing opportunities to volunteer as a 'Friend of Bury Carers'
- ✔ Access to a regular Bury Carers' Hub magazine
- ✔ Help to access a Statutory Carer's Assessment
- ✔ Access to Carers UK Digital Resource
- ✔ Carers Emergency Card
- ✔ Training Opportunities

What is a carer's 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 carer's 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 carer's assessment, please contact the Connect and Direct Hub on 0161 253 5151.

Carers' Community Network

This is a virtual community where you can meet other carers, share ideas and experiences. We currently have over 2,000 active members who are looking forward to connecting with you! It only takes a minute to sign up. Please be aware, that to access the Carers' Community Network Platform, you will need to be invited. Please contact the Service Access Team on **0345 688 7113** who will be happy to support you with this. You will just need to provide them with your name and email address.

Facebook

Please look at "like" and "follow" our Facebook page by logging into Facebook and searching for Bury Carers' Hub by following the link: <https://www.facebook.com/BuryCarershub> To get up to date information on our activities, events and other useful information, please join our private group for carers <https://www.facebook.com/groups/539244240286738>



Bury Carers' Hub has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you! Please call **0345 0138 208** or email volunteering@n-compass.org.uk

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

Activities and Events

Carer Drop-Ins

Meeting up face to face with our carers is what makes our job so special. We offer weekly and fortnightly informal carer groups. You do not need to be registered with Bury Carers' Hub to come along. 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 Facebook Group <https://www.facebook.com/groups/539244240286738>

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 hard copies available.

Our current offers:

Radcliffe Carers' Group

Fortnightly, Tuesdays 10.30am-12.00pm

Listening Ear Café, United Reformed 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?

**3rd & 17th June, 1st July
and every fortnight**

Prestwich Carers

Fortnightly, Tuesdays 1.00pm-2.30pm

Church Lane Community Centre, Church Lane, Prestwich, M25 1AJ.

We deliver this in partnership with Julie Bentley, Social Prescriber for Prestwich Primary Care Network.

**27th May, 10th & 24th June
and every fortnight**

Whitefield

Fortnightly, Mondays 1.00pm-2.30pm

The Sir Robert Peel, Sunny Bank Road, Bury, BL9 8ES.

Joanne the manager always makes us very welcome

**9th & 23rd June, 7th July
and every fortnight**

Bury Central

Weekly, Wednesdays 10.30am-12.00pm

Bury Masonic Hall, Parsons Lane, Bury.

The Bury Carers' Hub team hosts an informal and friendly gathering of carers, and their loved ones if they wish to come along. With singing, laughter, guest speakers - a really supportive and safe space to meet.

Free refreshments provided.

28th May, 11th & 25th June and weekly

Bury North

Last Friday of the month 10.00am-11.30am

Scottie's Café & Tea Rooms, Railway Street, Ramsbottom

The Bury Carers' Hub team will be there to welcome you with a smile and will provide coffees, teas and soft drinks.

**30th May, 27th June, 25th July
and monthly**

Bury

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Zoom Activities (All Carer Services)

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join>

For all Yoga and Reiki Zoom activities, carers now need to register using the following link: <https://forms.office.com/e/xqudEKkPNO>

You can copy and paste this into your browser. The link to access the activity will then be sent to you.

Distance Reiki

Every Wednesday 2.00pm-3.00pm

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.

During these sessions carers can relax in their own home while Jo guides you through a healing experience.



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Seasonal Flow Yoga

Every Wednesday, 6.15pm-7.30pm

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.

The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.



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Yoga Nidra

Every Thursday 7.00pm

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 and mental health.



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Walk and Talk With Us

n-compass Bury Carers' Hub, The Stepping Out Project with Manchester and Salford Ramblers

JOIN US FOR A CARERS'
WALK IN LOCAL PARKS
and areas of interest across
Greater Manchester.

A scenic, sociable, active outing with refreshments. The walks are low level, wheelchair accessible and weather dependent.



PLACES ARE LIMITED, THEREFORE BOOKING IS ESSENTIAL

For more information, please contact
Jacqui.Byron@burycarershub.org.uk 0300 303 0207



Upcoming Events

Carers Week 2025

9th - 15th June



The theme for Carers Week 2025 is '**Caring About Equality**' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

The Bury Carers' Hub Team will be offering events and activities Monday – Friday boroughwide. There will be laughter, food, music, walks and information sharing.

All events will be delivered FREE OF CHARGE.

Monday 9th June

12.30pm - 3.00pm

The Sir Robert Peel, Sunny Bank Road,
Bury, BL9 8ES.

Play Your Cards Right / Bingo

Lunch Provided

Thursday 12th June

10.30am - 1.00pm

Jinnah Centre Bury, Alfred St, Bury,
BL9 7HE

Carers Lunch / Networking / Awareness

10.45am - 1.00pm

Heaton Park, Middleton Rd,
Manchester, M25 2SW

Meet 10.45am at the Stables Cafe

Contact Jacqui Byron to book
jacqui.byron@burycarershub.org.uk

Carers' Walk
Picnic lunch included

Tuesday 10th June

1.00pm - 2.30pm

Prestwich Group

Lunch for carers & Information sharing
from Prestwich & Whitefield PCN

Wednesday 11th June

10.30am - 1.00pm

Bury Masonic Hall, 25 Parson's Lane,
Bury, BL9 0LY

Extra special coffee morning. Music,
treats, cake and pastries

Friday 13th June

10.30am - 12.30pm

Out and about visiting GP Practices
within the Borough

For more information, you can call us on **0300 303 0207**
or email enquiries@burycarershub.org.uk

PLEASE KEEP IN TOUCH WITH US FOR MORE INFORMATION.

Information for Professionals



Carer Awareness Briefings / Carer Champion Training / Carer Friendly Mark

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 delivered virtually via Zoom, MS Teams or face-to-face at a meeting or training session.

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

Useful Information

Training for Carers

We are in the process of developing our annual calendar. We have been asked by carers to offer:



**First Aid
Training**



**Mental
Resilience**



**Art For
Wellbeing**



**Dementia
Awareness**

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

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



Drop-Ins



A community Energy Advisor from SCOPE is available to help carers save money on their energy bills. We hold 6 weekly drop-ins at our Bury group. Alternatively, you can contact them directly on **0808 800 3333**.

Useful Information



Information and advice

Age UK Bury offers a free and confidential information and advice service for older people, their families and carers.

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

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

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'**



Citizens Advice Bury & Bolton is an independent local charity providing free, confidential advice to anyone living in Bury.

CABB have bimonthly drop-ins at the weekly Bury Coffee Mornings. Guidance on the following areas is available:

Welfare benefits

Community care

Money advice & energy

Housing advice

Immigration & asylum

Telephone - Call us free on **0808 278 7804**. Available Monday - Friday, 10am - 4pm

In person - Visit our face-to-face drop in at **1st Floor Castle Buildings, 5-10 Market Place, BL9 0LD**. Available Tuesday, 10am - 3pm.

Learning Opportunitites



Adult Learning

There is something for everyone at Bury Adult Learning. They offer a wide range of daytime and evening courses, including employability skills, English, maths and ESOL, IT, arts and crafts, creative writing, cookery, food safety, and many more.

For more advice and information please contact Learner Services on **0161 253 7501** or Bury Adult Learning Centre on **0161 253 5772**.

Or visit <https://www.bury.gov.uk/schools-and-learning/adult-learning>

Free Learning Courses

Bury Adult Learning Service Course List <https://buryaded.bury.gov.uk/AvailableCoursesList.Asp?COL=SessionStartDate&SRT=ASC>

Staying Well

Are you feeling down, anxious, fed up, experiencing low mood or know someone who is? Bury Adult Learning Service can offer a FREE course for people (19+) that are experiencing these conditions with the aim of helping to improve mental wellbeing.

If you want to know more about these courses and are experiencing a mild to moderate mental health condition, or you know of somebody who is, please contact Bury Adult Learning Service on **0161 253 5772**. For dates and times, please call us.



Mindfulness

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

Art To Reduce Anxiety & Stress

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

Self-Care Sanctuary

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

Creative Writing for Wellbeing

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

Improve Your Mood Through Food

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

Bake Yourself Happy

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

Curry & Chat (men only)

The aim of this workshop is to learn how to cook a great curry whilst meeting new people and enjoying good conversation. This workshop is for men only and is an opportunity for learners to raise their awareness of what they can do to maintain positive mental health and start conversations about mental health, as well as finding out what other courses are available in Bury.

We offer

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

About Bury Live Well Service - Bury Council

<https://www.bury.gov.uk/health-and-wellbeing/bury-live-well-service/about-bury-live-well-service>

Who we are

The Bury Live Well Service comprises of four neighbourhood teams that focus on the needs and priorities of each neighbourhood. Each neighbourhood team is made up of Team Leads, Health and Wellness Coaches, Exercise Referral Officers and Wellbeing Coordinators. Our teams will provide free personalised support. We believe in creating a healthier community where everyone can:



Start Well



Live Well



Age Well

We promote healthy and active living and help people to make positive changes to their lifestyle. We offer a choice of face-to-face or telephone appointments.

Why we are here

We are here to offer support and inspiration so that everyone can own their health, wellbeing and choose a healthy, active and fulfilling life.

As we get older, there is a heightened risk of people developing long term conditions, such as high blood pressure, heart disease, type 2 diabetes or poor mental wellbeing. We help people:

- ✔ Adopt a better lifestyle (to reduce the risk of developing one or more long term conditions)
- ✔ Manage long term conditions (to help them stay as independent and healthy as possible, prevent complications and the need to go to hospital)

We have supported thousands of people across the Borough of Bury to reach a healthy weight; build more activity into their daily life; stop smoking; eat better; and generally, improve their health and wellbeing. We are here to help people stay well, stay independent, and enjoy life for longer.

The support we provide

We offer a broad range of support services to help keep people well, in the best possible health, physically, mentally, socially and emotionally. We support people with:

- ✔ Getting more active, more often
- ✔ Keeping mobile, preventing falls and maintaining independence
- ✔ Eating well and maintaining a healthy weight
- ✔ Preventing or coping better with long term conditions
- ✔ Maintaining a healthy mind and managing stress, anxiety or a low mood
- ✔ Reducing how much alcohol you drink
- ✔ Quitting smoking and becoming smoke free
- ✔ Family health and wellbeing
- ✔ Finding new activities and opportunities for connecting with others
- ✔ Breastfeeding successfully

We help people

- ✔ Take control and turn their life around for the better
- ✔ Gain the confidence to try something new
- ✔ Bounce back and stay strong
- ✔ Reach their full potential to live a happier, healthier life

Want to get started with finding a happier, healthier you?

To access our help you will need to either:

- ✔ Make a self-referral
- ✔ Make a supported referral (when you get help from someone else to make your referral, for example a friend or family member)
- ✔ Ask your GP or health practitioner to make a referral on your behalf

Children under 16 must be referred by their parent or guardian, or by their GP or health specialist.

Contact Us

Telephone: **0161 253 6668**

Email: **livewell@bury.gov.uk**



Wellbeing Support

For mental wellbeing support in Bury:

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

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Carefree

We are delighted to be a community partner with Carefree. Carefree offers an annual one to two-night short break away 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 can take a break from your caring role to help with your health and wellbeing.

You must be 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 pay for extra expenses (travel, other food etc.) All bookings are made online, so you must be able to do this or have someone to help.



To access this opportunity, please contact the Bury Carers' Hub on 0300 303 0207 or email enquiries@burycarershub.org.uk who will make the referral on your behalf.

n|compass
towards a brighter future

Bury
Council

Greater
Manchester
Integrated Care
Partnership

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

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 in taxis, private hire vehicles and community transport schemes like Ring & Ride.

Do you qualify?

To qualify for travel vouchers, you must:

- ✓ be registered as blind; or
- ✓ get Disability Living Allowance (DLA) with the higher rate mobility component; or
- ✓ get Personal Independence Payment (PIP) with 8 points or more for moving around; or
- ✓ get higher rate Attendance Allowance; or
- ✓ get War Pensioners Mobility Supplement;
- ✓ or, if you don't get any of those benefits, but you can't walk 100 metres, or climb steps of 30 centimetres – as long as a doctor confirms this.

Apply for travel vouchers and for more information

- ✓ You must be a member of the travel vouchers scheme to order travel vouchers.
- ✓ If you are not currently a member, please phone **0161 244 1000** for an application form. Once you have completed an application form, please send this to the address stated on the form and your application will be processed.
- ✓ Once you are a member of the travel voucher scheme, you can then order your vouchers over the phone or by completing an order form that will be sent to you in the post.



Useful Numbers

**Bury Adult Care Connect
and Direct**

0161 253 5151

Bury Council

0161 253 5000

**Emergency Duty Team
(Emergency Out of Hours)**

0161 253 6606

Staying Well Team

0161 253 5151

GMP Bury

0161 872 5050

AGE UK Bury

0161 763 9030

Bury VCFA / Beacon Service

0161 518 5550

**GM Fire and Rescue
(Free Home Check)**

0800 555 815

Citizens' Advice Bury & Bolton

0808 278 7804

Fairfield General Hospital

0161 624 0420

Healthwatch Bury

0161 253 6300

Creative Living Centre (CLC)

0161 696 7501

Andy's Man Club Bury

www.andysmanclub.co.uk

Bury Directory (CARERS)

theburydirectory.co.uk/services/bury-carers-hub

Carers UK Helpline

0808 808 7777





Your 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 **0300 303 0207** or email enquiries@burycarershub.org.uk

Note: If you would like to read any part of this newsletter in large print, please call **0300 303 0207** or email enquiries@burycarershub.org.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 Group www.facebook.com/groups/539244240286738 or call **0300 303 0207** before setting out.