

January to March 2021

Happy New Year and welcome to our third e-bulletin. We hope this finds you safe and well in these challenging times.



As Winter is well and truly here and we welcome in the New Year (and finally say goodbye to 2020!) we look towards the future where Rochdale Carers' Hub will continue to be here for you, offering support however we can and as best we can. You really matter to us!

We will be continuing to provide full support for all Adult and Young Carers over the phone and online and we are hoping so much that in early 2021 we can re-start some of our coffee and chats at our venues. The Carers' Choir has already held their first socially distanced, mask-wearing choir session and we are so excited to be able to see you all in person again and have a coffee and share our experiences of the past year. We will be working hard with the venues ensuring that we have all measures in place to make our meetings safe. Our next newsletter will be arriving in your letterboxes in February/March and we hope to have more news for you then.

We hope the information within this Bulletin is interesting and helpful. As always, we are here if you need any support from us. We can be contacted through our Service Access Team on 03450 138 208 or by email to enquiries@rochdalecarers.co.uk

Wishing you a happy and healthy 2021,

Rochdale Carers' Hub Team

Carers' Hub Rochdale

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Our current service to support Carers...

We know that many of you are providing more care than before the Covid-19 outbreak and as a result are feeling the strain. Always remember that we are still here for you. If you need any support at all, please contact the Carers' Hub Rochdale by emailing enquiries@rochdalecarers.co.uk or by calling us on 0345 0138 208 between our working hours of 9.00am to 5.00pm, Monday to Friday.

Carers Help and Talk (CHAT) Line

Do you sometimes feel like you just need to pick up the phone and talk to someone? You can call our Carers Help and Talk (CHAT) Line and speak to one of our Volunteers who are there to offer a listening ear, emotional support or just to have a friendly chat. 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. If your call is not immediately answered by one of our Volunteers, please try calling again.

Would you like one of our friendly Volunteers to call you?

Our n-compass CHAT Line now offers regular calls to Carers. You will be matched with one of our trained Volunteers who will call you every week for as long as you like, for a friendly chat. If this is something you are interested in and would welcome a weekly call from one of our Volunteers - please contact our Service Access Team 0345 0138 208.

Rochdale Council Community Hub support – There is a special hotline number or you can send an SMS text to the Greater Manchester Community Hub if you're struggling and require help and support. Call 01706 923685. Monday-Friday, 9am-5pm or send an SMS text to 07860 022 876.

Help and advice from the Government and other organisations -

<https://www.gov.uk/find-coronavirus-support> Find out what support you can get if you're affected by coronavirus. Go to the website and use this service to find out what help and advice you can get from the government and other organisations. You can use it for yourself or someone else.

You can find support with:




- paying your bills, rent, or mortgage
- getting food
- being made redundant or unemployed, or not having any work
- what to do if you're worried about going in to work
- having somewhere to live
- mental health and wellbeing, including information for children

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Our online activities...

At the present time, we have needed to temporarily suspend our face to face activities and opportunities to meet with you but we are hoping to re-introduce our usual range of opportunities soon – when it is safe to do so. Please check our social media pages from time to time for an update. In the meantime, we are offering a range of opportunities for you to engage with us and each other through our virtual platforms, particularly through ZOOM. Our zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other Carers.

Help with Zoom!

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 or ring: 0345 0138 208 for help and support.

Weekly Sessions

Evening Coffee and Chat every Tuesday 7.00pm-8.00pm

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

Meeting ID: 959 5053 8168

Password: 559497

Morning Coffee and Chat every Wednesday from 10.00am -11.30am

<https://zoom.us/j/99418755318?pwd=TEQwZkpOdmtdDT3dLUTFyUDRSMTBtUT09o>

Meeting ID: 994 1875 5318

Password: 804529

Carer's Sing-A-Long every Wednesday 1.00pm-2.00pm

<https://zoom.us/j/97216826373?pwd=dDNjUzQ5aUQ0b1YreU9EbXU0dngzQT09>

Meeting ID: 972 1682 6373

Password: 273920

General Knowledge Quiz every Wednesday 7.30pm

<https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBbc3dYeVpwdz09>

Meeting ID: 922 4867 7156




Password: 269978

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Fortnightly and Monthly Sessions

Carers Choice! Fortnightly Mondays 1.30pm – 3.00pm

4th January, 18th January, 1 February, 15 February, 1st March, 15th March, 29th March.

This an event where YOU decide what we do! Would you like to have a craft session, talk about healthy eating, learn something new, or just have a brew and a chat! Let us know – this session is your choice!

<https://zoom.us/j/95994205191?pwd=S2Zvd1c0VzdUUmRjSjN5Q0hoSitLdz09>

Meeting ID: 959 9420 5191

Passcode: 152489

Meditation & Relaxation Fortnightly Tuesdays 1.30pm – 2.30pm

5th January, 19th January, 2nd February, 16th February, 2nd March, 16th March, 30th March - Join us for an hour of relaxation and meditation. A time of reflection and peace for yourself.

<https://zoom.us/j/92279005754?pwd=NIhRSGJHcE0zb1NvcjNXanBIYXRNQT09>

Meeting ID: 922 7900 5754

Passcode: 602377

Carers Gentle Exercise Sessions Fortnightly Tuesdays 1.30pm-2.15pm

12th January, 26th January, 9th February, 23rd February, 9th March, 23rd March.

Join Frank for his 'AlphaFlow' gentle aerobics sessions. You can sit and watch or join in whenever you like.

<https://zoom.us/j/93946506425?pwd=OFBDbUZYNNfKaWQ2azhKa1VUZ0dNZz09>

Meeting ID: 939 4650 6425

Passcode: 513539

Male Carers Group – Fortnightly on Wednesdays 2.30-4pm

13th January, 27th January, 10th February, 24rd February, 10th March, 24rd March.

<https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhOZz09>

Meeting ID: 925 7085 2288

Passcode: 150398

BME Carers Coffee and Chat, Fortnightly on Thursdays – 12-1pm

7th January, 21st January, 4th February, 18th February, 4th March, 18th March.




<https://zoom.us/j/94348505063?pwd=VDBkRC9mUWVIMGtEWnR2eEhjTXE0Zz09>

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Meeting ID: 943 4850 5063
Passcode: 010799

Parent Carer Chat - Last Thursday of every month 12.30-1.30pm

28th January, 25th February, 25th March.

<https://zoom.us/j/98083508526?pwd=Uk80cmRtYU9oSXJPN3FWb09mK3JHQQT09>

Meeting ID: 980 8350 8526
Passcode: 824240

Shifa Dementia Carers Project

The Shifa Dementia Carers service supports dementia carers in the Rochdale Borough with their emotional wellbeing and practical needs.

The service offers one-to-one support and group peer support currently through a weekly WhatsApp group chat and Zoom group. The service is in the process of identifying appropriate activities which will improve the emotional and physical wellbeing of dementia carers. The service will provide information, signpost to wellbeing activities and other appropriate services where required.

For more information and to join please contact Shagufta on 07837 805 205 or ShaguftaFarhat@rochdalemind.org.uk

Join our weekly Whatsapp group for dementia carers every Monday between 1-2 pm. You're also welcome to join our fortnightly dementia carers support group on Zoom.

Are you a carer for a person living with Dementia?

Would it help if you could connect with other carers of a person with Dementia?

Join our weekly Whatsapp group for dementia carers every Monday between 1-2 pm.

You're also welcome to join our fortnightly dementia carers support group on Zoom.

For more information and to join please contact Shagufta on 07837 805 205 or ShaguftaFarhat@rochdalemind.org.uk

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Winter Fuel Payment

If you were born on or before 5 October 1954 you could get between £100 and £300 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'. You usually get a Winter Fuel Payment automatically if you are eligible and you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit).

If you're eligible but do not get paid automatically, you will need to make a claim.



The deadline for claiming payments for winter 2020 to 2021 is 31 March 2021.

Keeping Well this Winter campaign

The GMCA Ageing Hub has launched the **Keeping Well this Winter campaign** to support older residents in the region with practical information to keep safe and well this winter.

Visit <https://www.greatermanchester-ca.gov.uk/keeping-well-this-winter/> for links to:

- Keeping Well this Winter booklet with tips and advice on keeping active and connected, staying safe and well, and managing our money and home.
- Talking about Keeping Well this Winter film with tips on opening up a positive conversation on the doorstep or over the phone.
- Keeping Well this Winter talking tips two page guide listing six questions from the film with signposting information.

Telephone: 0800 731 0160

Recipe to try

Chocolate Biscuits

Ingredients

- 250g butter, softened
- 350g light soft brown sugar
- 2 large eggs
- 350g self-raising flour






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- 100g cocoa powder
- 200g chocolate chips or chopped chocolate chunks, or 400g for optional dipping (choose your favourite type)

Method

1. Beat the butter and sugar together with a wooden spoon in a bowl until light and fluffy, then beat in the eggs with a whisk or spoon one at a time. Sift over the flour and cocoa powder and beat into the butter mix, then fold through the chocolate chips. Put mix in the fridge for an hour.
2. To bake, heat oven to 190C/170C fan/gas 5 (ask an adult for help). Make small balls (approx 40g) and press them down slightly with the palm of your hand. Bake for 12-15 mins until spread out and crusty around the outside. Leave to cool slightly and enjoy warm, or leave to cool completely and eat cold. The biscuits will keep in a tin for three days.
3. The biscuits can also be dipped in chocolate. To do this, melt your chosen type of chocolate in the microwave. Leave to cool a little, then dip half of each biscuit in the chocolate and leave them on parchment-lined trays somewhere cool to set.

All about Winter

As the Winter Season is well and truly here, stay safe and warm and whether you dread the windy weather or look forward to the crisp mornings, here are 5 interesting facts about winter. Winter really is a fascinating time of year!

1. Winter is coming

There are two different dates when winter could be said to begin, depending on whether we are referring to the Meteorological or Astronomical winter. Astronomical winter is defined by the Earth's orbit around the Sun and begins on the winter solstice, which falls on 21 or 22 December. However, when recording and comparing climate data, it is important to have set dates that can be compared and so for this reason a fixed date of 1 December is used to mark the start of the meteorological winter.

2. The coldest temperature recorded in winter

The coldest temperature ever recorded during a UK winter was -27.2 °C, which has been recorded 3 times. It was twice recorded in the village of Braemar, on 11 February 1895 and again on 10 January 1982, and once in Altnaharra on 30 December 1995. Both sites are in the Scottish Highlands.






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3. The winter of 1963

The winter of 1963 is one of the coldest on record and the coldest since 1740. Temperatures consistently reached lower than - 20 °C with blizzards, snowdrifts and even the sea freezing around the coast. On 29 and 30 December, a blizzard struck the UK with snowdrifts up to 6 metres deep. Snow continued to fall frequently and until early March 1963, much of the UK remained covered in snow!

4. Reindeer vision

Some reindeer living above the Arctic Circle live in complete darkness for several weeks of the year. To adapt to this, a small area of tissue behind the retina called the tapetum lucidum changes colour from a gold colour in summer months to blue in winter. This allows the reindeer's eyes to detect ultraviolet light and to see in the dark.

5. How much water is there in snow?




The exact amount of water contained in snow can vary quite significantly depending on how the snow formed, but as a general average, every 12 cm of snow would provide 1 cm of water.

Facts About Christmas Songs...

1. The best selling Christmas single ever is Bing Crosby's White Christmas, shifting over 50 million copies worldwide since 1942.
2. In Britain, the best-selling festive single is Band Aid's 1984 track, Do They Know It's Christmas?, which sold 3.5million copies. Wham! is next in the same year with Last Christmas, selling 1.4million.
3. The Beatles hold the record for most Christmas number 1 singles with FOUR, topping the charts in 1963, 64, 65 and 67. Cliff Richard (1960, 1988 and 1990) and The Spice Girls (1996, 1997 and 1998) have three each.
4. Bohemian Rhapsody by Queen is the only record to get the UK Christmas Singles Chart Number One twice, once in 1975 and again in 1991. "Do They Know It's Christmas" was number 1 three times (1984, 1989 and 2004), but technically it was by different groups, so doesn't count.
5. Singer Brenda Lee recorded the original version of "Rockin' Around The Christmas Tree" when she was only 13 years old.

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Useful numbers

Carers' Hub Rochdale	0345 0138 208
Adult Social Care Services	0300 303 8886
Adult Safeguarding Team	0300 303 8886
Children Social Care Services	0300 303 0440
Community Connectors (Adult Care)	0300 303 0360
Rochdale and District Mind	01706 752338
NSPCC	0808 800 5000
In an Emergency and outside office hour including bank holidays the	
Emergency Duty Team	0300 303 8875
Rochdale Citizens Advice Bureau Advice Line	0300 330 1153
Greater Manchester Public Transport (Disabled Travel Pass)	0161 244 1050
Blue badge (disabled parking permit)	0300 303 8870
Health and Social Care Regulator (Care Quality Commission)	03000 616161
Turn2us (national charity providing information about charitable grants)	0808 802 2000
Rochdale Link4Life (Leisure and Sports)	01706 926232
Thinking Ahead (Mental health and Wellbeing Service)	01706 751180
Stroke Association – Rochdale	01706 657 269
Carers Allowance Unit	0800 731 0297
Personal Independence Payment	0800 917 2222
Attendance Allowance	0800 731 0122
Disability Living Allowance	0800 731 0122

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