

Spring/Summer Edition 2025

Newsletter

carers'
HUB

Rochdale



Welcome
to the **24th**

Carers' Hub
Rochdale
Newsletter

Welcome to the 24th edition of the Carers' Hub Rochdale Newsletter

Welcome to the Spring/Summer edition of the Carers' Hub Rochdale Newsletter.

As we approach the summer months, we have lots of wonderful, feel-good activities for you to enjoy. In May we will be keeping active with a Pickleball taster session. We have a photography workshop to help us focus on the beauty of our local area. In June there will be the chance to dust off those dancing shoes for an Abba Tribute show at Middleton Arena and an Elvis themed event during Carers' Week.

We love thinking up new, exciting ideas for events, but, as always, we would love to hear your ideas too. Please do get in touch using the details below to let us know if there are any activities that you

would like us to put on and we will try our best!

You can also always keep up to date with our service offer and new opportunities by visiting our website www.n-compass.org.uk. Please do take a moment to join our Facebook Group: **Rochdale Adult Carers**, this is where we post any additional sessions or updates. Alternatively, please drop in to our regular Coffee and Chat sessions to hear about any updates to the newsletter.

If you are new to Carers' Hub Rochdale, we extend a warm welcome to you and we look forward to welcoming you to the events soon.

Wishing you well,

Carers' Hub Rochdale Team

Contact Us Today

How to get in touch

- 🕒 Opening Times:
Monday to Friday 9.00am to 5.00pm
 - ☎ Telephone: 03450 138 208
 - ✉ General Email:
enquiries@rochdalecarers.co.uk
 - 🌐 Website: www.n-compass.org.uk/our-services/carers/rochdale-carers-hub
 - ✉ Address: FREEPOST The Carers' Hub Rochdale
- f** Rochdale Adult Carers



SCAN
ME

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What our Service Offers

Carers' Hub Rochdale

The Carers' Hub Rochdale provides a single point of access for both young and adult carers who provide care to a family member, friend or neighbour living in Rochdale. The Hub ensures that carers of all ages have access to information, advice and a wide range of support services across the borough and nationally.

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



Who is a Carer?

A carer is someone who provides unpaid care, for a few hours a day or round the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support. Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful over time.

**Do you relate to any of the below?
If so, we may be able to help you:**

- Do you get enough sleep?
- Is your health and wellbeing affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for adult carers?

As a registered carer support available includes:

- Specialist 1-2-1 and group support
- A dedicated support worker
- Peer support
- Information and support to take a break from a caring role including a volunteer led sitting in service and My Time Voucher Scheme
- Information, advice and guidance on a range of carers' related matter
- Chat Line - Carers' Hub Rochdale will connect you with the same volunteer each week for you to enjoy relaxed conversations
- Local Carers Coffee and Chat Groups online and face to face
- Access to a range of digital/online resources and activities
- Access to online support including our Carers Community Network
- Support to access community, health and wellbeing services

Carers Community Network Platform*

This is a virtual community where you can meet other carers, share ideas and experiences, we currently have over 2,100 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 03450 138 208 who will be happy to support you with this. You will just need to provide them with your name and email address.**

Facebook

Please look at “like” and “follow” our Facebook page by logging into Facebook and searching for Carers’ Hub Rochdale by following the link: <https://www.facebook.com/carershbrochdale1> To get up to date information on our activities, events and other useful information, please join our private group for **Rochdale Adult Carers**, <https://www.facebook.com/groups/2516078581760510>



Carers’ Hub Rochdale 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 hand-written 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



What we've been up to!

Since our last newsletter went to print, we have enjoyed lots of wonderful sessions with carers. New carers are always made very welcome!

Wreath Making

"Excellent session really enjoyed it and felt so much better doing something for myself."



Lantern Making

"Very calming. I loved learning a new skill"



Aromatherapy Workshop

"Good to learn about a subject that supports stress relief."



Les Misérables – The Staged Concert

"I loved it, it was incredible!"



Activities and Events

Coffee and Chats

Come and meet other carers whilst enjoying a cuppa!

These sessions are an opportunity to meet and chat with other carers and former carers, speak to a Carers Information and Support Officer (CISO), and take a well-earned break from your caring role whilst enjoying a free tea or coffee. If you need to talk to a CISO in private, please do let them know.



There is no need to book a place on our Coffee & Chats, but if you would like to talk to someone before you attend, or would like further information, please use the details on page 2.



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. We have introduced this symbol to highlight the events you can bring the person you care for, if you wish to do so.

Carers' Hub Information Drop-ins

We will be at the following events to give further information about Carers' Hub Rochdale. Do come and say hello, have a chat and we will answer any questions you may have.

Rochdale Leisure Centre

Friday 16th May 1pm-3pm,
Thursday 19th June 10am-12pm,
Friday 11th July 10am-12pm

Heywood Leisure Centre

Thursday 17th July 10am-12pm

RMBC Health Fair, Rochdale Town Hall

Thursday 15th May 10:30am - 1:30pm



Coffee and Chats 2025

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



Venue	Mind Café	Heywood Magic Market	The Courtyard	Gladwins	The Willows 
	14a-16 Wood Street, Middleton, M24 5TF	York Street, Heywood, OL10 1LT	(formerly Yates') 10 Fleece Street, Rochdale, OL16 1LY	(formerly Cuppaccino) 4 Ingliss St, Littleborough, OL15 9RP.	(Dementia Friendly – for carers and cared-for) Broad Lane, Rochdale, OL16 4PP
Time	10.00am-11.30am	10.00am-12.00pm	10.00am-12.00pm	1.00pm-2.30pm	10.00am-11.30am
Date	Mon 12th May*	Tues 6th May	Wed 7th May	Thurs 8th May	Fri 9th May
	Mon 19th May	Tues 20th May	Wed 21st May	Thurs 22nd May	Thurs 23rd May
	Mon 2nd June	Tues 3rd June	Wed 4th June	Thurs 5th June	Fri 6th June
	Mon 16th June	Tues 17th June	Wed 18th June	Thurs 19th June	Fri 20th June
	Mon 30th June	Tues 1st July	Wed 2nd July	Thurs 3rd July	Fri 4th July
	Mon 14th July	Tues 15th July	Wed 16th July	Thurs 17th July	Fri 18th July
	Mon 4th August	Tues 5th August	Wed 6th August	Thurs 7th August	Fri 8th August
	Mon 18th August	Tues 19th August	Wed 20th August	Thurs 21st August	Fri 22nd August

Adult Carers Special Events

Welcome to our latest carers' activity programme. We have lots of activities running across the next four months to help you take a break from your caring role – including our regular Coffee & Chats, plenty of skills and wellbeing sessions and other lovely events including walks, lunches, pampers and crafts – and all of them are **free to attend! We just ask that you book on to events as places can be limited.**



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. We have introduced this symbol to highlight the events you can bring the person you care for, if you wish to do so.

Important Booking Information

Please feel free to express an interest in as many events as you would like to attend, ideally via email, or by phone. We work through the events a month at a time; you will be contacted about a month before each event to let you know if you have a space. We use this booking system because carers may receive the newsletter at different times (for example, carers that are new to the service may pick up a newsletter part way through a series of events). Please feel free to express an interest in an event right up to a couple of days before the event.

You must book onto our one-off events as most activities have limited numbers and need to be booked in advance so we can order any tickets or food (if applicable). Please also let us know if you are unable to attend an event you are booked on to as soon as you can, our events are very popular and often have a waiting list; we can then offer your place to another carer to attend.

You can book by:

Emailing: events@rochdalecarers.co.uk

or Calling: 03450 138 208

Our special events are for current carers

(and former carers whose caring role has ended in the last 12 months)

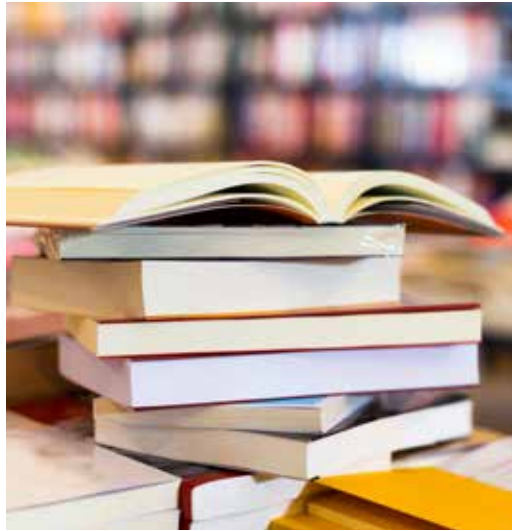
Book Club

**Wednesday 7th May
10.00am-11.30am**

***please note new time**

Heywood Baptist Church,
Rochdale Road, Heywood,
OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Our Book Club continues where we will be picking up our next book and discussing the latest book too. We will of course have time for a hot drink, biscuits, and a general chat too! New members can join at any time.

Eid Celebration

**Wednesday 7th May
10.30am-12.30pm**

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



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



Crochet Workshop and Blanket Project Get Together

Tuesday 6th May, 10.00pm - 11:30am

Tuesday 15th July 10.00am-11.30am

Heywood Market Community Room, York Street, Heywood,
OL10 1LT

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Are you busy knitting and crocheting squares for our Crochet and Knitting Project with Creative Health and Wellbeing? If so, we would really like to meet up to say thank you to you for your wonderful work! There will also be the opportunity to learn the basics of crochet at this session. Please come and join us!



Card Making Workshop

Thursday 15th May 10:45am-12.00pm

River Beal Café, 14 Ladybarn Lane, Milnrow, Rochdale, OL16 4GQ

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join Linda at River Beal Café to make a beautiful card in a decorative box. There will be three colours of card to choose from. Enjoy a hot drink whilst you create your card.



Pamper Session

Monday 19th May 1.00pm-3.00pm

Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a space and enjoy a bit of relaxation and time to yourself with either a mini facial or massage. Relax and unwind with a cup of tea or coffee whilst you meet and chat with other carers.



Pickleball Taster Session

Wednesday 21st May, 1.00pm - 3.00pm

Middleton Arena, LCpl Joel Halliwell VC Way, Middleton, M24 1AG

Book a space to learn from a local, qualified Pickleball coach, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

A fast-growing sport across the UK, Pickleball combines elements of badminton, tennis, and table tennis. Book a space to learn from qualified Pickleball Coach, Robert Rosenfield. Suitable for absolute beginners.



Paint a Bird Box

Thursday 22nd May 10.00am-12.00pm

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join Janine from Groundwork Trust to paint a beautiful bird box. Learn about birds and wildlife as you paint. Use the bird box at home to encourage wildlife into your garden or use your finished creation as a thoughtful, unique gift.



Sing and Smile!

Friday 23rd May

1:30pm-2.00pm Tea, coffee and social time

2.00pm-3.00pm Singing Workshop

Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Singing is a great way to relax, have fun and feel good too! Absolutely no singing ability is needed to join in with this fantastic, uplifting singing session. In conjunction with Rochdale Music Service, Joanna Astley will lead this wonderful workshop.



Male Carers Breakfast and Games

Tuesday 27th May 10:00am-11.30am

Rochdale Sports Club, Redbrook, Bridgefold Road, Rochdale, OL11 5BX

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

The Male Carers Breakfast returns to Rochdale Sports Club where there will be the opportunity to have a game of pool, darts, cards or a board game whilst you enjoy a tasty breakfast sandwich and a cup of tea or coffee.



Relaxation Session with Frank

Friday 30th May 1.00pm-2.30pm

Friday 27th June 1.00pm-2.30pm

Friday 18th July 1.00pm-2.30pm

Friday 29th August 1.00pm-2.30pm

Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join our award-winning, volunteer fitness instructor, Frank for a relaxation session. Frank will show you gentle stretches and breathing activities to reduce stress and leave you feeling energised. There will be time to relax with a cup of tea or coffee too.



Online Craft with Erica

Monday 2nd June 2.00pm-3.30pm On Zoom

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a space and join in with this fabulous online craft session with Erica, from Creative Health and Wellbeing. Erica will guide you through the steps to make a beautiful craft. Everything you need for the session will be delivered to your home.



Gentle Stroll and Lunch

Wednesday 25th June, 11.00am-1.30pm

Wednesday 13th August 11.00am-1.30pm

Queen's Park Café, Heywood, OL10 4UY

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

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



Trishaw Ride (for carers and the person you care-for)

Thursday 5th June for 60 mins

between 11.00am and 3.00pm

Hollingworth Lake, Littleborough, OL15 0AS



To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Sit back and enjoy a leisurely ride around Hollingworth Lake on one of Cycling Without Age's trishaws. You (and the person you care for, if you wish) will sit comfortably on the front of the trishaw and enjoy an hour-long ride, giving you plenty of time to take in this picturesque location. This is open to all carers that may enjoy this experience. (Subject to weather conditions.)



Photography Workshop (Using Your Phone Camera)

Friday 6th June 10.00am-12.00pm

The Sailing Club, Lake Bank, Hollingworth Lake, Littleborough, OL15 0AS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join local, professional wedding photographer, Jade Doherty, to gain some top tips for taking great photos using your mobile phone. We will take a short walk outside to take photos of Hollingworth Lake and the natural world.



Coffee and Cake

(for carers and the person you care-for)

Tuesday 10th June, 2.00pm-3.30pm

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Book a space and enjoy a delicious slice of cake and a cup of tea or coffee. Enjoy meeting other carers at this wonderful venue.



Carers Week Special Event

(for carers and the person you care-for)

Wednesday 11th June, 11.15pm-3.15pm

Middleton Cricket Club, Towncroft Avenue, Middleton, M24 5EE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Celebrate Carers Week with a light lunch and wonderful entertainment, with a tribute to Elvis! So put on those blue suede shoes and enjoy an afternoon of music and delicious food.



Tea and Toasted Teacake

Thursday 12th June, 10.00am - 11.30am

Gladwins, 4 Ingliss Street, Littleborough, OL15 9RP

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Enjoy chatting to other carers whilst you enjoy a cup of tea or coffee and a toasted teacake. New carers always welcome.



Pamper Session

Monday 16th June 10.00am-12.00pm

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a place for a morning of me time. Enjoy a relaxing massage or facial along with a cup of tea or coffee. Meet other carers and take time for yourself.



Watercolour Painting Session

Wednesday 18th June 10.00am-11.30am

Castlemere Community Centre, Tweedale Street, Rochdale,
OL11 1HH

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Erica from Creative Health and Wellbeing will guide you to use watercolour paints to create your own masterpiece! No experience necessary.



Caring Minds Group

(For carers supporting someone with a diagnosed mental health condition)

Wednesday 18th June 10.00am-12.00pm

Wednesday 20th August 10.00am-12.00pm

Castleton Community Centre, Manchester Road, Castleton,
Rochdale OL11 3BS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

These sessions will be an opportunity to meet with other carers, as well as mental health and Carers' Hub Rochdale professionals, to discuss conditions, how this may affect those being cared for and the impact it can have on carers, as well as talk through useful strategies and support available. Each session will have a different focus; however, sessions are flexible and cater to the needs of the group.



Book Club (new venue, day and time!)

Friday 20th June 10.00am-11.30am

Friday 15th August 10.00am-11.30am

Heywood Library Community Room, Lance Corporal Stephen
Shaw M C Way, Heywood OL10 1LL

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join our Book Club at Heywood Library Community Room. Come and discuss the latest book (you will be given to borrow for free). Enjoy a tea or coffee and the chance to talk about your favourite books. New members always welcome.



Thank ABBA for the Music Show

Friday 27th June 7.30pm-10.00pm

Middleton Arena, LCpl Joel Halliwell VC Way, Middleton, M24 1AG

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

With stunning costumes, live band, interactive video projection, some tongue-in-cheek Swedish humour and, of course, ABBA's spectacular trademark harmonies, this is the ultimate feel-good party show! ABBA and 70's fancy dress optional but encouraged!



Reflexology Session

Tuesday 1st July 1.00pm-3.00pm

Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Reflexology is used to improve both physical and mental health, helping the immune system, alleviating stress and a wide variety of ailments. Christopher, from Ten Feet Tall Reflexology will provide information about reflexology and offer, hands or feet, reflexology treatments to carers. Refreshments provided.



Cheese and Cheesy Pop Music

Thursday 3rd July 1:15pm-2:45pm

The Sailing Club, Lake Bank, Hollingworth Lake, Littleborough, OL15 0AS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Do you like cheese? If so, this is the event for you! You will be treated to a wide range of cheeses to try along with a range of crackers and nibbles. We will be playing our favourite cheesy songs and Gareth will be on hand to tell you a cheesy joke or two too! All at a wonderful venue which has beautiful views of Hollingworth Lake.



Pamper Session

Monday 7th July 10.00am-12.00pm

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Sit back, relax and be pampered. This is a wonderful opportunity to meet other carers, enjoy a cup of tea or coffee and enjoy a relaxing facial or massage.



Male Carers Breakfast

Tuesday 8th July, 10.00am - 11.30am

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Enjoy a delicious, hearty breakfast at the delightful Mill About café. There will be the opportunity to meet and chat with other male carers. New carers always made very welcome. Book your place now!



Cream Tea at Mercure Norton Grange Hotel

(for carers and the person you care-for)

Thursday 10th July, 2.00pm - 3.30pm

Mercure Norton Grange Hotel, Manchester Road, Castleton, Rochdale, OL11 2XZ

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



A delicious selection of cakes and scones will be on offer to accompany your choice of tea or coffee. You can bring the person you care for to this event, if you wish. Please be sure to book your place because spaces are limited.



Sing and Smile!

Friday 11th July 2.00pm-3.00pm

Rochdale Music Service, 7-11 The Butts, Rochdale, OL16 1XT

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Singing is a great way to relax, have fun and feel good too! Absolutely no singing ability is needed to join in with this fantastic, uplifting singing session. In conjunction with Rochdale Music Service, Joanna Astley will lead this wonderful workshop.



Organ Concert

(for carers and the person you care-for)

Tuesday 15th July 1.00pm-2.00pm

Rochdale Town Hall, The Esplanade, Rochdale, OL16 1AZ

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Rochdale MBC and Oldham Rochdale and Tameside Organists' Association present Lee Longden (Cinema Organist) on the magnificent Binns organ, in the great hall at Rochdale Town Hall. Lee Longden, a classically trained organist, pianist and conductor presents an afternoon of light music including Hollywood Blockbuster film themes. This is set to be an engaging and enjoyable afternoon.



Pain Management Session

(for carers and the person you care-for)

Wednesday 30th July 1pm-2:30pm

Springhill Hospice, Broad Lane, Rochdale, OL16 4PZ

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Join in this informative session, led by Springhill Hospice outreach nurses, which will look at what pain is, the effects of pain on our emotions, people who can help, myth busting around painkillers, alternative treatments and practical advice. Refreshments provided.



Summer Vibes Celebration

(for carers and the person you care-for)

Friday 1st August 10.00am-11.30am

Castleton Community Centre, Manchester Road, Castleton,
Rochdale OL11 3BS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Even if the sun isn't shining outside, we will be thinking about warm summer days as we make smoothies, enjoy a delicious continental breakfast, try summer themed crafts and take part in a game of fun bingo to win prizes. Come along to this fun session to meet other parent carers. Parent Carers provide support to their children, including grown up children, who couldn't manage without their help.



Chair Based Exercise Session

(for carers and the person you care-for)

Monday 11th August 1pm-2:30pm

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



In conjunction with Springhill Hospice, this class will show you ways to exercise and stretch whilst seated. Come along and give this class a go! There will be time for refreshments too.



Skin Care Masterclass

Tuesday 12th August 1.00pm-3.00pm

The Sailing Club, Lake Bank, Hollingworth Lake, Littleborough,
OL15 0AS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Liz Prior, a regular therapist at our pamper sessions, is presenting a hands-on skin care masterclass. You will learn how to cleanse, moisturise and massage your skin like a professional. Come and enjoy this practical workshop which will leave you glowing inside and out!



Lunch at New Pioneers Community Café

Thursday 14th August 12.00pm-1.30pm

Spotland and Falinge Community Centre, 92-96 Spotland Road, Rochdale, OL12

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

A delicious lunch and hot drink are on offer at the beautiful, recently refurbished, New Pioneers Community Café. You will receive a warm welcome as you meet other carers in this lovely community venue.



Day Trip to Lytham 1940s Festival

Saturday 16th August.

pick-ups from 8:30am from Middleton, Rochdale and Heywood

Spotland and Falinge Community Centre,
92-96 Spotland Road, Rochdale, OL12

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Enjoy a day trip to the beautiful coastal town of Lytham. Have a wander around the 1940's festival on the green, enjoy 1940's singing, dancing, historic vehicles, vintage traders and so much more! You will need to bring your own packed lunch or bring money to buy food once you are there. This trip will require carers to climb approximately 5 steep steps up/down to get on and off the coach and to access the toilet on board.

You can spend the day as you choose, you can walk into the town of Lytham to browse the shops or take a stroll along the front to enjoy views of the sea with an ice-cream. You can stay with Carers Hub Rochdale staff or enjoy some time by yourself or with other carers on trip.



Carers Week Special Event



Wednesday 11th June

1.15pm-3.15pm

Middleton Cricket Club

Towncroft Avenue, Middleton, M24 5EE

**Enjoy a fun-filled afternoon with a light
lunch and an Elvis tribute act!**

Please book your space

by calling: 03450 138 208

or email: events@rochdalecarers.co.uk

n|compass
towards a brighter future

Online Activities for Adult Carers

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 there is one. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join> for further information. **Some sessions may be subject to change and any changes will be communicated via email.** For further information or support please email activities@staffordshiretogetherforcarers.org.uk

Weekly Sessions

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.

"It's lovely to connect with everyone and then drift off in my own world to the sound of Jo's voice. The session has a huge positive impact on my mental and physical wellbeing." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions please [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.

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.

"I am already experiencing the mental and physical benefits from the yoga and meditation." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.



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 & mental health.

“For me Yoga Nidra ticks all the boxes - its relaxing, there’s a sense of community and belonging and an empathy for our situation as carers without having to explain everything.” Carer

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.



Scan Here

Carers Wellbeing Peer Support Drop in

Every Friday 10.00am-11.00am

Delivered by Fiona, our Carers Wellbeing Coach, via MS Teams, this weekly wellbeing drop in is a chance to access peer support in a safe space to explore wellbeing and coping strategies.



Scan Here

To access

To access this session on Zoom [please click here](#) or email activities@staffordshiretogetherforcarers.org.uk and complete this short booking form and we will be in touch to share the Zoom Link

Has anything changed?

We always want to ensure that we have the latest information on carers who are registered with us to ensure that we can continue to provide you with the latest information on our service and to offer you support, as and when you need it. Please contact us if any of your details have changed (for example, names, telephone number, address, email) or if you are no longer a carer - so we can update our system. You can also let us know if your caring role has changed or maybe you haven't been in contact with us for a while and would like additional support or information from one of our Carers Information and Support Officers – please reach out to us.

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

**New
phone
number?**

**Changed
your
address?**

Young Carers Hub Rochdale

Rochdale Young Carers have been having a wonderful time with lots of lovely events such as watching Sleeping Beauty at Middleton Arena, enjoying a Christmas Extravaganza Day at Gordon Riggs Garden Centre where they met donkeys and alpacas and had a delicious Christmas dinner. Other exciting events include learning basic boxing skills and meeting and handling a wide range of animals including, snakes, tortoises, guinea pigs and even a tarantula!

Our Young Carers Team offer support to children and young people aged 5-17 years old, visiting them in their school setting to talk to them about their caring role and how this impacts their lives.

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

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



**YOUNG
carers'
HUB**

Rochdale

Crochet and Knitting Project

Do you enjoy knitting or crocheting? If so, we need you!

Our collaborative Crochet and Knitting Project with **Creative Health and Wellbeing** has got off to a great start with carers already knitting or crocheting some beautiful squares. **A big thank you to all those taking part in the project!**

For this project we are asking carers to volunteer to crochet or knit **3 inch or 6 inch squares**, of any colour or design, with any left-over wool they may have. **(Please get in touch if you need any additional wool.)** Carers can bring completed squares to Coffee and Chat sessions or to events.

Squares made by carers will be joined together to make beautiful sensory blankets, which will be donated to local Dementia Units and Hospices.



For more information, if you have any questions, if you need any wool, or if you would like to let us know that you are taking part, please email:

events@rochdalecarers.co.uk

or call: **03450 138 208**

Thank you so much!



Carers' Hub Rochdale will have an information stand at the **RMBC Feel Good Family Picnics**, please do come along and say hello!

Rochdale – Tuesday 29th July

Middleton – Limefield Park - Wednesday 30th July

Littleborough – Hare Hill Park – Thursday 31st July

Heywood – Queen's Park – Friday 1st August

carers'
HUB

YOUNG
carers'
HUB

Rochdale

Your Voice Matters

**Carers'
Co-production
Network**

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

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



The next meeting will be:
Monday 19th May 2025
1.00pm - 3.00pm
St. George's Hall,
Bury Road, Rochdale, OL11 4EB

The theme for this meeting will be:
**Improving the
Carers' Assessment
- Feedback Session**

*Refreshments provided.
Please register to attend this event by following
the QR code. We will contact you to confirm
your registration and booking.*

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

Telephone: 0345 0138 208

(Calls are charged at local rate)

Email: events@rochdalecarers.co.uk



or follow the link/scan the QR code to complete the registration form
<https://forms.office.com/e/Nc02Ut93wC>

n|compass
towards a *better* future



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

Useful Information

Free 30 minute session with a solicitor for carers

The Carers' Hub Rochdale works in partnership with Zoe Clough at Sharp, Cross & Mann solicitors to offer a free 30-minute session via telephone or face-to-face, to discuss issues such as deputyship, Power of Attorney, will writing and more. If this is something you are interested in accessing, the sessions run on the second Tuesday of every month in the morning, and all you need to do is contact your Carers Information and Support Officer, or email events@rochdalecarers.co.uk to book a slot.



Sharp Cross & Mann
solicitors

Carefree

Take a short break from your caring role with Carefreespace.org



The Carers' Hub, Rochdale is now a Community Partner with Carefreespace.org which offers one to two-night short breaks away (with breakfast) for unpaid carers. The breaks are across the UK and cost just £33 in admin fees. You can take a companion with you (but not the person you care for) so you are able to take a break from your caring role, to help with your health and wellbeing. To find out more, email: events@rochdalecarers.co.uk or call **03450 138 208**. We can refer you to **Carefreespace.org** and you only pay the admin fee once you book your break.

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

Please note you must be over-18 and care for someone for 30 hours a week; the breaks include your accommodation and breakfast; you must be able to provide respite for the person you care-for; and be able to pay for extra expenses (travel, other food etc.) All booking is done online, so you must be able to do this, or have someone to help - although we can help if you have no other support.



Mail Preference Service

The Mailing Preference Service (MPS) is a free service set up in 1983 and funded by the direct mail industry to enable consumers to have their names and home addresses in the UK removed from lists used by the industry. It is actively supported by the Royal Mail and all directly involved trade associations and fully supported by The Information Commissioners Office (ICO).

Registering with the MPS is free. Registering will prevent the receipt of unsolicited direct mailings sent from member companies of the Data and Marketing Association. It will take up to 4 months for the service to have full effect although you should notice a reduction in mail during this period. To register visit: www.mpsonline.org.uk



Face to Face Rochdale



Monday

Number One Riverside

General advice drop in 9am-3pm

Tuesday

Smallbridge Library

General advice drop in 9am-3pm

Wednesday

Number One Riverside

General advice drop in 9am-3pm

Thursday

Number One Riverside

General advice drop in 9am-3pm

Heywood Library

Appointments Only (Contact
advice line on 0808 278 7803)

Friday

Littleborough Library

General advice drop in 9am-3pm

Macmillan Benefit Advice - Nye Bevan House

Benefit advice for cancer patients, their carers and families -
Appointments Only (Contact advice line on 0808 278 7803)

Friendly and community-based

Digital Support Drop-ins



Would you like to learn how to use a tablet, phone, laptop or pc to improve on your digital skills?

Gain the confidence you need at our digital drop-ins to help you enhance your skills and unlock your digital potential.

Middleton Library
Monday
10am - 11.30am

**Number One
Riverside Tuesday**
10am - 12pm

Heywood Library
Tuesday
2pm - 4pm

**Number One
Riverside Friday**
10am - 12pm



Call: 01706926653 / 01706925147
Email: DTL@rochdale.gov.uk

 **ROCHDALE**
BOROUGH COUNCIL

Are you an **unpaid carer**

for
family, a friend or neighbour?



Do you sometimes worry that you don't feel as confident as you would like to?

We can help build your skills and confidence in **informal, interactive** sessions.
Learn from experienced palliative care nurses and carers how to:

- help **move** safely on & off chair/bed
- help with **eating and drinking**
- looking after **skin**
- providing **personal care including, toileting & catheter care**
- using the **internet** to place orders for meals etc
- look after yourself and deal with those tricky times



Sessions will run for **2 hours over 4 weeks** and will include:
a skill, an opportunity to ask the professionals your questions,
time to meet with other unpaid carers over a brew, and some
self care just for you

Venue :

Springhill Hospice Education
Carders Court, Ivor St, Castleton OL11 3JA

**Attend all sessions
or just those
which are useful
for you**

Contact us Tues - Thurs for more information

 Education Unit 07947 954 970
 springhill.education@nhs.net

FREE



Customer services

Rochdale Customer Service Centre, Number 1 Riverside. Monday – Friday 9:00 – 5:00

Middleton Library and Customer Service Centre, Middleton. Tuesdays 9:00-5:00

Heywood Library and Customer Service Centre, Heywood. Thursdays 9:00-5:00

We can provide support and advice on council services including



- Making a claim or reporting a change of circumstances for Housing Benefit and Council Tax support.
- Council tax
- Applying for a Discretionary Housing Payment.
- Applying for a Blue Badge.
- Accessing services such as mental health support, food banks, welfare advice, debt issues, housing and homelessness.

We offer a drop in service and appointments by request.

To make an appointment please contact us on 01706 924403 or email Customer.Services@Rochdale.Gov.Uk



Adult Community Fitness Timetable

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

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

your trust

**Sessions are fun,
friendly and social.**

**Pay-as-you-go.
No membership
required.**

Pre-booking is required. Please select 'Community Session' for activities at community venues for online bookings.



For more information

Email us at activ8teme@yourtrustrochdale.co.uk

Booking Line **07458 118 121**

Facebook '[Activ8teME](#)'

Sarah

01706 926 239 / 07976 498 629

Catherine

01706 262 276 / 07814 771 271

JUST CHAT.

with **LivingWell**

Most of us experience the feeling
of loneliness and isolation at
some point of our lives

- ♥ Take a break
- ♥ Chat about anything
- ♥ Get help to connect with your community

CALL
OUR FRIENDLY CHATTERS
01706 392210

Useful Numbers

Carers' Hub Rochdale	03450 138 208
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
Emergency Duty Team (In an Emergency and outside office hour including bank holidays)	0300 303 8875
Rochdale Citizens Advice Bureau Advice Line	0808 278 7803
Greater Manchester Public Transport (Disabled Travel Pass)	0161 244 1000
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
Your Trust Rochdale (Leisure and Sports)	01706 926000
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
Dementia Connect (Alzheimer's Society) Helpline	0333 150 3456
SafeNet Domestic Abuse Service	0300 3033581
School nurses (support any child and young person from 5 years until their 20th birthday who live in or attend a school in Rochdale)	0161 206 0694
Rochdale Boroughwide Housing	0800 027 7769



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 0345 0138 208 or email enquiries@rochdalecarers.co.uk

If you would like to read any part of this newsletter in large print, please call 0345 0138 208 or email enquiries@rochdalecarers.co.uk to make your request.

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/2516078581760510 or call **0345 0138 208** before setting out.