

Autum/Winter 2024-25

Bury

carers'
HUB

Newsletter



Welcome
to the

9

th Bury
Carers' Hub
Newsletter

n|compass
towards a brighter future

Bury
Council

Greater
Manchester
Integrated Care
Partnership

Welcome to the 9th edition of the Bury Carers' Hub Magazine.

While we hang onto the memories of warm days and light nights, we are starting to think of colder days and staying well. Everyone's wellbeing is so important to us as a team. 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 or just copy and paste the meeting link provided under each activity into your browser. Many of the activities we are offering are held on a weekly basis, including some evening sessions.

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 thankyou 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 24-hour 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 Carers Assessment

What is a carers assessment and how do I get one?

The Care Act 2014 states any carer who appears to have a need for support should be offered a carers assessment. This will give you the opportunity to discuss what information is available and find out what community support is available locally.

The assessment will look at how caring affects your life, including for example, physical, mental, and emotional needs. You can have an assessment even if the person you care for is not eligible for support or is refusing social care services.

To access a carers assessment, please contact the Connect and Direct Hub on 0161 253 5151.

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 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

Activities and Events

Carer drop in's

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 www.facebook.com/Bury-Carers-Hub-100983494977654

We offer a monthly timetable of all events. These can be emailed to carers registered with our service. They are also uploaded to Facebook and The Bury Directory. We also have hardcopies available.

Radcliffe Carers Group

Fortnightly, Tuesday 10.30am-12.00pm

Listening Ear Café' United Reform Church, Blackburn Street, Radcliffe.

This venue has a community café and is a lovely space to meet with our carers. Free parking is available at the back of the building. Why not saty for lunch.

**22nd Oct, 5th, 19th Nov
and every fortnight**

Prestwich Carers

Fortnightly, Tuesday 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.

**29th Oct, 12th, 26th Nov
and every fortnight**

Whitefield

Fortnightly, Monday 1.00pm-2.30pm

The Sir Robert Peel Sunnybank Road

Joanne the manager always makes us very welcome

**28th Oct, 11th, 25th Nov
and every fortnight**

Bury Central

Weekly, Wednesday 10.30am-12.00pm

Bury Masonic Hall, Parsons Lane, Bury.

An informal and friendly gathering of carers and their loved ones if they wish to come along. We have singing, laughter, guest speakers and a really supportive and safe space to meet.

Free Refreshments provided.

23rd, 30th Oct, 6th Nov and weekly

Bury North

Last Friday of the month 10.00am-11.30am

Scotties Tea Rooms, Railway Street, Ramsbottom

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

25th Oct, 29th Nov and monthly



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 further information, simply click the links on each meeting to join, or type in the Meeting ID and passcode.

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.



Scan Here

Zoom Link <https://us02web.zoom.us/j/81351943140?pwd=emZZ-V3RsM052M0lQOE5yNWMxWnMwZz09>

Meeting ID 813 5194 3140

Password 940735

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.



Scan Here

Zoom Link <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYU-Ut5RDmrcnp1Ky82Zz09>

Meeting ID 892 6497 0582

Password 030426

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



Scan Here

Zoom Link <https://us02web.zoom.us/j/85925413166>

Meeting ID 859 2541 3166

Password 466376

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!
A scenic, sociable, active outing with refreshments.

The walks are low level, wheelchair accessible and weather dependent.



Thursday 14th November

Philips Park and
Clayton Vale or Platt Fields
(to be confirmed)

Tuesday 17th December

City Centre
Christmas Installations

Places are limited, therefore booking is essential

For more information, please contact

Jacqui.Byron@burycarershub.org.uk 0300 303 0207



Upcoming Events

Carers Rights Day

21st November 2024

The theme this year is 'RECOGNISING YOUR RIGHTS'



The right to unpaid Carer's Leave

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

The right to request flexible working

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

The right to ask your GP practice to identify you as a carer

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

The right (and choice) to request a free flu jab

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

Protection against discrimination or harassment

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

Requesting a carer's assessment

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

Being consulted when the person you care for is discharged from hospital

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>



The team will celebrate this annual event on 20th November as part of the weekly coffee morning and on the Thursday with another planned session to be confirmed.

PLEASE KEEP IN TOUCH 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 being delivered virtually via Zoom and MS Teams and face-to-face at a meeting or training session.

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

Useful Information

Carer Training

We have a timetable of training and awareness sessions delivered by other services and providers running from June 2024-May 2025.

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 or the emails above as some events have limited numbers.

Training Calendar - October 2024 - March 2025

Date & Time	Training	Venue	Training	Other
Friday 4th October 10.30am - 12noon	Reflexology	Bury Masonic Hall	Christopher Jones Clinical Reflexologist	Refreshments Max 10 jayne.harrison@burycarershub.org.uk
Thursday 10th October 10.45am - 1.30pm	Walk & Talk with us	Heaton Park	Team & Volunteers	Lunch Bookable jacqui.byron@burycarershub.org.uk
Thursday 7th November 11am -1pm	Brain Training	Sir Robert Peel, Sunnybank Road	Team	Games, Bingo, Cross-words, Light Lunch
Thursday 5th December 10am - 12noon	Art for Well-ness Wreat Making FESTIVE	Radcliffe Reform Church	Team & Carer	Refreshments Max 20
Monday 10th February 11am - 12noon	Looking after your eyes	VENUE TBC	Dr Anna Kwartz Optomerist	Refreshments
Thursday 27th February 11am - 2pm	Lear to draw & paint	Cosylea, Walshaw Road, Bury, BL8 1PY	Tony Todd (Carer) & Team	Refreshments
Friday 14th March Time TBC	Art for Wellness Crafting EASTER	Sir Robert Peel, Sunnybank Road	Team & a Carer	Refreshments

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
- ✓ 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
- ✓ 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



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 on:



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.

Alan from the CAB will be providing 121 sessions to carers at the Wednesday coffee morning. For dates, please speak with one of the team.

Learning Opportunitites



Get Online Bury

The Get Online campaign helps Bury residents access the internet and learn about using computers. We can help you with things that:

- ✓ **you have to do** - such as applying for housing, claiming benefits like Universal Credit, or looking for a job
- ✓ **you want to do** - such as looking for cheaper energy deals which may be only available online
- ✓ **you like to do** - such as shopping, researching family history, or keeping in touch with friends and family by email and social media

We do this by providing:

- ✓ free public access computers at council offices and libraries throughout the borough
- ✓ learning courses on how to use computers and the internet
- ✓ one to one support from trained council staff or volunteers, to help you complete tasks you need to do
- ✓ free wi-fi connection to the internet in some council buildings and all libraries so you can bring your own laptop or tablet

Free computer and internet access

Access to free computers and the internet is available at Digital Hubs and libraries across the borough.

You will need a library card to use one of our computers. If you're not already a member, it's free and you can join immediately at any of our libraries or Digital Hubs. Just bring proof of your name and address with you.

Free learning courses

There is something for everyone, whether you are an absolute beginner, or you already have a computer and just need some help to get the most out of it.

If you feel you need more advanced training than a single session will provide, you might want to consider a course provided by Bury Council's Adult Learning Services. Please note there are charges for these courses, which run for 6 to 10 weeks. Courses on offer include:

Computers Made Easy
ITQ/ECDL qualifications



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.

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"

Bury Live Well Health Trainer Team



We provide free personalised support to help with making changes to improve your health and lifestyle.

Get support to

- ✔ Drink less alcohol
- ✔ Eat healthier
- ✔ Quit smoking
- ✔ Improve your overall wellbeing

We will

- ✔ Listen to you
- ✔ Support you to change your lifestyle
- ✔ Encourage and motivate you
- ✔ Help you set goals and make plans
- ✔ Suggest ways to overcome barriers to make improvements
- ✔ Accompany you on your journey to become a healthier you

Where you will find us

We operate from a variety of venues across Bury, including sports centres, community centres, children's centres and GP surgeries.

Book your free personalised support session.

To book a support session phone: **0161 253 7575** or email livewell@bury.gov.uk

HELPING YOURSELF to Wellbeing

A seven-week course designed to provide people with the knowledge, skills and tools to improve their health and wellbeing. It aims to provide you with the confidence and motivation to set realistic goals for making changes to your lifestyle.

The course covers behaviour change, self-esteem and confidence, dealing with stress and anxiety, healthy eating, alcohol and smoking, physical activity, sexual health and managing minor ailments and dementia prevention.



Find out about the Helping Yourself to Wellbeing course on the Bury Directory

Thriving
IN BURY

Wellbeing support

For mental wellbeing support in Bury, there are 2 main offers.

Bury Getting Helpline

0161 464 3679 open Monday to Saturday 8.00am-8.00pm, confidential mental wellbeing support.

Both will help put people in touch with the right support for them, and the Helpline will provide listening ear and self-care advice and resources.

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
carers'
HUB

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

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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

If you can't use ordinary buses because you're blind or have serious walking disabilities you could be eligible to buy vouchers for discounted travel taxis in taxis, private hire vehicles and community transport schemes like Ring & Ride.

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 Bureau

0300 330 9071

Fairfield General Hospital

0161 624 0420

CAB

0808 278 7804

Healthwatch Bury

0161 253 6300

Creative Living Centre (CLC)

0161 696 7501

Andys 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.