

Winter/Spring Edition 2024

Newsletter

carers'
HUB

Rochdale



Welcome
to the **20th**
Carers' Hub
Rochdale
Newsletter

Welcome

to the 20th edition of the Carers' Hub Rochdale Newsletter

Welcome to the Winter/Spring edition of the Carers' Hub Rochdale Newsletter. We have lots of exciting developments and activities coming up in 2024 and we look forward to seeing and supporting lots of you throughout the year 😊

As always, if there is ever anything you have wanted to try, have enjoyed an event that we have put on in the past or have any suggestions to help improve our service, we would love to hear from you. Our service is centred around **you**, so please do reach out and tell us what you'd like to see.

Reflecting on the past year, we have had more activities and skills and wellbeing sessions than ever before. Highlights include our Carers Week Celebration Event, the relaunch of our Aashiyana Carers Group, Carers Rights Day, the growth of our Male Carers Breakfast and Frank's Social Fitness Sessions.

100% of Adult Carers reported improved wellbeing, after being assessed and supported by the Carers' Hub.

As usual, we have included a lot of information within this newsletter which we hope is helpful to you. You can also always keep up to date with our service offer and new opportunities by visiting our website www.n-compass.org.uk, following our Carers' Hub Rochdale Facebook page as well as receiving our bi-monthly Carer email bulletins.

We welcome and value your feedback, comments, and suggestions. There are various ways that you can get in touch with us, and these details are included below.

Wishing you well,
Carers' Hub Rochdale Team

Contact Us Today

How to get in touch

Address: FREEPOST The Carers' Hub Rochdale
Website: www.n-compass.org.uk/our-services/carers/rochdale-carers-hub
Email: enquiries@rochdalecarers.co.uk
Facebook: Carers' Hub Rochdale
Telephone: 0345 0138 208
Opening times: Monday – Friday 9.00am – 5.00pm

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.

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?

Support can be provided from a dedicated Carers Information and Support officer and can include:

- Specialist 1-2-1 and group support
- Support to take breaks from caring, including befriending and peer support
- Newsletters detailing local groups, activities and training
- Online Carers Community Network
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Support to access community and Health and Wellbeing services



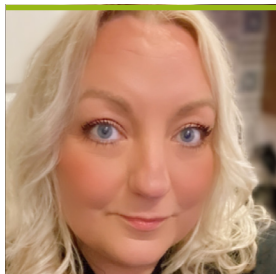
Carers' Hub Rochdale Team



Rebecca Greatrex
Interim Service Manager



Fiona Howson
Service Manager
(maternity cover)



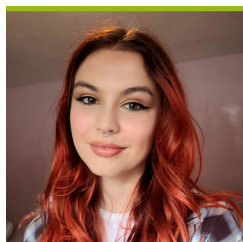
Victoria Williams
Team Leader



Karan Youngblut
Carers Information
and Support Officer



Rabina Kauser
Carers Information
and Support Officer



Ellie Herbert
Carers Information
and Support Officer



Shamim Aslam
Carers Information
and Support Officer



Kirsty Wild
Carers Information
and Support Officer



Wendy Miller
Participation and
Engagement Officer



Gareth Townsend
Participation and
Engagement Officer



Mekala Pandiarajan
Carer Breaks
Admin Support

Focus on... Deana Riley



I'm Deana Riley, Team Leader for our Young Carers Team. I joined the team in February 2023 as a Young Carers Practitioner supporting young carers across the Borough in schools and in the community and in June, I became the Team Leader. I love working with children and young people so much that I've been doing it for the past 25 years! I absolutely adore cats with 3 of my own - Jem, Mr. White and Pablo.

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. A young carer can have a similar caring role as an adult carer - caring for a parent, sibling, grandparent, or other relative/friend.

Caring for someone else can look like helping with the housework, cooking, shopping, helping them to get washed, supporting them to attend appointments, reading letters, helping with medication and much more. Young Carers can be affected in some of the following ways:

- **Health** – impact to physical, mental and emotional wellbeing, including anxiety, worry and stress;
- **School/College** – some young carers feel they do not have time to complete school/college work due to their caring role and the impacts of it. Some young carers are bullied and struggle to concentrate in class;
- **Social Life** – Young carers can struggle with having time to socialise with friends and have no free time to get involved with activities & hobbies.

How can the Young Carers' Hub Rochdale help?

Our main aim is to ensure that all young carers across Rochdale have access to up-to-date information and advice within Rochdale. We offer 1:1 sessions in schools, group support sessions, monthly youth groups and access to fun activities. Our aim is to help children and young people who have a caring role with their own health and well-being and try to help reduce the negative impact a caring role can have.

If you are reading this and think "I'm a parent/grandparent/guardian of a child or young person who has a caring role" then please get in touch. Even if you are not sure you can always contact us and ask the question. 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.

What we've been up to!



As usual, we have been super busy over the last few weeks with our regular groups alongside offering brand new experiences. Frank's Social Fitness sessions have been a hit with a mix of exercise, advice and chat, our Carers Rights Day event at the Lighthouse Project saw lots of carers receiving invaluable advice, and our bingo night and day trip to the Peak District proved very popular.



"Frank is so informative and full of great ideas to keep you from seizing up."

"Thanks so much, it was lovely and a much-needed relaxing experience."

"I really enjoyed the slow cooker demonstration and lesson... friendly group and made to feel welcome."



Activities for Carers

Welcome to our latest carers activities programme. We have more activities than ever running across the next four months – from our regular Coffee & Chats and our new drop-in sessions to lots of skills and wellbeing sessions and special events including an evening show, male carers breakfasts, walks, pampers and Easter crafts – and all of them are free to attend!

Please note that all of our activities and Coffee & Chats are for carers only, unless otherwise specified. We do our best to have some activities in each newsletter for carers to also bring the person they care for, if they wish to do so.

Coffee and Chats and Drop-In Sessions

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, and take a well-earned break from your caring role whilst enjoying a free tea or coffee and a biscuit (or two!)



We are also introducing carers "Drop-In" session to give you an opportunity to meet with a Carers Information and Support Officer (CISO) if you have any questions or would like a chat with a cup of tea or coffee. Please note there may be more than one carer who attends these sessions, but if you do need to talk to a CISO in private, please do let them know.

There is no need to book a place on our drop-ins or 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 9.

Drop-In Sessions

Empire House, College Road, Rochdale, OL12 6AE (press the buzzer for Carers' Hub and we will come down to let you in – there is a lift or stairs to access our drop-in).

12.30pm – 1.30pm

Wednesday 10th January
Wednesday 24th January
Wednesday 14th February
Wednesday 21st February

Wednesday 6th March
Wednesday 20th March
Wednesday 3rd April
Wednesday 17th April

Venue	Mind Café 14a-16 Wood Street, Middleton, M24 5TF	Heywood Magic Market (Training Suite) York Street, Heywood, OL10 1LT	Central Rochdale - Yates Yates, 10 Fleece Street, Rochdale, OL16 1ND	Cappuccino 4 Ingliss St, Littleborough, OL15 9RP	The Willows (Dementia Friendly - for carers and cared-for) Broad Lane, Rochdale, OL16 4PP
Time	10.00am – 11.30am	10.00am – 11.30am	10.00am – 11.30am	1.00pm – 2.30pm	10.00am – 11.30am
Dates	Mon 8th January Mon 22nd January Mon 5th February Mon 19th February Mon 4th March Mon 18th March Mon 8th April Mon 22nd April	Tues 9th January Tues 23rd January Tues 6th February Tues 20th February Tues 5th March Tues 19th March Tues 9th April Tues 23rd April	Wed 10th January Wed 24th January Wed 7th February Wed 21st February Wed 6th March Wed 20th March Wed 10th April Wed 24th April	Thurs 11th January No session this week (see Afternoon Tea Special Event on page) Thurs 8th February Thurs 22nd February Thurs 7th March Thurs 21st March Thurs 11th April Thurs 25th April	Fri 12th January Fri 26th January Fri 9th February Fri 23rd February Fri 8th March Fri 22nd March Fri 12th April Fri 26th April

Adult Carers Special Events

We are now offering even more opportunities to take a break from your caring role with completely free activities each month across all localities, and a vast range of health and wellbeing sessions too. If you have not been to one of our activities before, as you can see from our photos on page 6, we are a really friendly bunch. You can speak to your Carers Information and Support Officer about what to expect and which one you would like to go to, and we can ensure you are greeted on arrival.

You must book onto our one-off events as most of them have limited numbers and some need to be booked in advanced so we can book places and order 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, as our events are very popular and often have a waiting list, so we can offer your place to another carer to attend. You can book by:

Emailing: events@rochdalecarers.co.uk
Calling: 03450 138 208

Our special events are for current carers (and former carers who's caring role has ended in the last 12 months).



Middleton Lunch Club

Monday 15th January,
12.00pm – 1.30pm

MIND Café, 14a-16 Wood Street,
Middleton, M24 5TF

A lovely lunch is on offer at the MIND Café in Middleton where you will have a wide choice to enjoy along with a drink and great company.



Book Club

Wednesday 17th January,
10.00am – 12.00pm
Wednesday 13th March,
10.00am – 12.00pm

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

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! We welcome new members to the Book Club.



Coffee and Cake Afternoon (for carers and the person you care for)

Friday 19th January, 2.00pm – 3.30pm
The Woodlands Café, The Willows, Broad Lane,
Rochdale, OL16 4PP

Join us for a lovely afternoon coffee (or tea!) and cake treat. Please let us know when you are booking if you would like to bring the person you care for too.



Online Craft Session with Erica

Monday 5th February, 2.00pm – 3.30pm
On Zoom

Erica, from Creative Health & Wellbeing, will be hosting our popular online craft session where everything you need for the session will be delivered to your home.



Male Carers Breakfast

Tuesday 23rd January, 10.00am – 11.30am
Tuesday 19th March, 10.00am – 11.30am
Mill About Coffee Bar, Bridgefold Road, Spotland,
Rochdale

Our Male Carers Breakfasts are at Mill About Coffee Bar, and we would love for you to join us for a Full English (other options available!) and a hot drink.



Aashiyana Carers Craft and Lunch

Tuesday 13th February, 1.00pm – 3.00pm
Deeplish Community Centre, Hare Street,
Rochdale, OL11 1JT

Join us for our next Aashiyana Carers Event. We will be taking part in a fun craft activity and will enjoy a hot meal.



Afternoon Teas

Thursday 25th January, 12.30pm – 2.30pm
Thursday 15th February, 12.30pm – 2.30pm
River Beal Café, 14 Ladybarn Lane, Rochdale,
OL16 4GQ

The River Beal Café is kindly funding and hosting two Afternoon Teas for carers at their lovely venue in Milnrow. You will be treated a selection of savoury and sweet treats and of course a tea (or coffee!)



Parent Carer Pamper Session

Friday 16th February, 10.00am – 12.00pm
Gateway Leisure, 2 Kenion Street, Rochdale, OL16 1SN

Following feedback from Parent Carers on what activities you would like to see, we would like to invite you to join us at our pamper session with a masseuse and the chance to have a facial or hand massage (treatment availability will depend on numbers attending). Parent Carers provide support to their children, including grown up children who couldn't manage without their help.



Evening Show – Go Your Own Way - The Fleetwood Mac Legacy

Friday 23rd February, 7.00pm for a 7.30pm start
Middleton Arena, Middleton, M24 1AG

Go Your Own Way is a brand-new show featuring the music from the Grammy Award Winning Fleetwood Mac. You will enjoy their incredible songs including Dreams, Don't Stop, Little Lies and Everywhere. Priority will be given to working carers and those unable to attend daytime events - please inform us of this when expressing an interest. **Please note you will need to use steps to access our seats.**



Gentle Stroll and Lunch

Wednesday 28th February, 11.00am – 1.00pm
Wednesday 17th April, 11.00am – 1.00pm
Queens Park Café, Heywood

Join us for a gentle stroll around the park (approx. 20 minutes) followed by a lovely lunch in the café. Meet outside the café for the stroll (subject to weather conditions), followed by lunch and a drink.



Littleborough Lunch Club

Wednesday 6th March 12.00pm – 1.30pm
Woodlands Café at Hollingworth Lake, OL15 0AQ

Hollingworth Lake is the picturesque setting for our next lunch club, where you will enjoy a choice of delicious hot and cold food options and a drink.



Easter Craft

Tuesday 26th March, 11.00am – 12.30pm
Lighthouse Project, Middleton Shopping Centre,
Limetrees Rd, Manchester, M24 4EL

Join Erica from Creative Health & Wellbeing for a relaxing session making Easter themed crafts to take away.



The Willows Buffet Lunch (for carers and the person you care for)

Wednesday 27th March 12.00pm – 1.30pm
Woodlands Café, The Willows, Broad Lane, OL16 4PP

Join us for a sandwich buffet lunch and drink at this lovely café. If you wish to bring the person you care for to this event, please let us know when booking.



Pamper Session

Tuesday 12th March, 10.00am – 12.00pm
Heywood Magic Market (Suite next to main entrance from car park)

Rewind and relax at our pamper session with a choice of massage treatments and facials (treatment availability will depend on numbers attending). And of course, there will be refreshments available too!



Breakfast at The Willows

Thursday 4th April, 10.00am – 11.30am
Woodlands Café, The Willows, Broad Lane, OL16 4PP

The Woodlands Café has a wide range of choices on offer including Full English, vegetarian breakfast, breakfast sandwich and toasted teacakes. Start your day the right way with a hearty breakfast and good conversation with fellow carers.



Online Craft with Erica

Monday 8th April, 2.00pm – 3.30pm
On Zoom

Erica, from Creative Health & Wellbeing, will be hosting our popular online craft session where everything you need for the session will be delivered to your home.

Skills and Wellbeing Sessions for carers



Evening Show: Opera Boys – A Night at the Musicals

Friday 19th April, 7.00pm for a 7.30pm start
Middleton Arena, Middleton, M24 1AG

A fabulous evening of power-house vocals, four-part harmony, musical medleys, solo performances and a few surprises! Priority will be given to working carers and those unable to attend daytime events - please inform us of this when expressing an interest. **Please note you will need to use steps to access our seats.**



Hollingworth Lake Chippy Walk

Monday 22nd April, 11.00am – 1.00pm
The Beach Public House, Lake Side, Littleborough, OL15 0DD

Join us for a leisurely stroll at the lake followed by a chippy lunch and warming drink by the lake. Please wear suitable clothing and shoes as it may be wet and uneven under foot. You will need to be able to walk about a mile at a leisurely pace.



BAME Carers Pamper Session

Tuesday 30th April, 10.00am – 12.00pm
Gateway Leisure, 2 Kenion Street, Rochdale, OL16 1SN

Our BAME carers are invited to come along for a pamper treat (massage/facial tbc) and refreshments. Come along for a relaxing treatment(s) and a chat with fellow carers.

We are pleased to be able to offer a variety of free skills and wellbeing opportunities for carers in the upcoming months, and hope you find these sessions useful and informative. Please book in advance using details on page 9. If you like the sound of a session but are unable to attend, please let us know so we know what to repeat and plan for our next newsletter.



Social Fitness Sessions with Frank - New Year Special!

Thursday 11th January, 10.30am – 12.00pm
Heywood Baptist Church, Rochdale Road, Heywood, OL10 1LE

After a successful course of sessions in 2023, our Volunteer Fitness Instructor, Frank, will host a one-off special New Years' session

to see how everyone has been getting on over the past few months, and to welcome new carers who would like to kick-start their fitness in 2024. There will be gentle exercises (that can be done sat down or standing up) and an informal chat about health, wellbeing, nutrition, fitness and breathing. These sessions will be gentle and can be done at your own pace. Before taking part for the first time, you will be asked to complete a PAR-Q form (Physical Activity Readiness Questionnaire) which can be complete beforehand or on the day. You don't have to have attended the course in 2023 to attend this session – all welcome.



Slow Cooker demonstration and energy saving advice (includes free slow cooker)

Wednesday 24th January, 1.00pm – 2.30pm
- please express an interest
Lighthouse Project, Middleton Shopping Centre, Limetrees Rd, Manchester M24 4EL

During this session you will be shown how to cook a healthy meal in a slow cooker (and get to have a taste at the end!) and receive a free slow cooker and all the ingredients so you can have a go and make it at home. You will also be given information on the importance of Carbon Monoxide detectors and receive a detector for your home too and have a short energy saving talk from the Citizens Advice Bureau.



Compassion Fatigue by The Wellness Lab

**Wednesday 31st January,
10.00am – 12.00pm
Empire House, College Road, Rochdale,
OL12 6AE**

Compassion fatigue refers to the “emotional cost of caring for others”,

whereby carers may struggle emotionally, physically and psychologically from supporting a loved one for a period of time. This session helps explain compassion fatigue, exploring the symptoms and prevention and we can become more resilient and emotionally fit to support in our caring role and for your own health, wellbeing and happiness too. This session can give you loads of ideas on how to take care of you!



‘Caring Minds’ Group (For carers supporting someone with a diagnosed Mental Health condition)

**Wednesday 14th February,
10.00am – 12.00pm
Sudden Resource Centre, Silk Street,
Rochdale, OL11 3EU**

In collaboration with the Community Mental Health Teams in Pennine Care, we are meeting every quarter to provide both peer and professional support to carers who care for someone with a mental health condition in a small group setting. These sessions will be an opportunity to meet with other carers, as well as mental health and Carers’ Hub professionals, to discuss conditions, how this may affect those being cared for and the impact it can have on carers and talk through useful strategies and support available.



Evening Yoga with Your Trust

**Thursday 22nd February,
6.00pm – 7.00pm
Heywood Sports Village, West Starkey
Street, Heywood, OL10 4TW**

Have you ever felt like taking part in a new activity but been nervous to attend on your own? We will be introducing sessions

where one of our Carers Information and Support Officers will be present to welcome carers and take them in to a class hosted by Your Trust. This month it is a Yoga session which can help with breathing, relaxation, balance, sleep, strength, anxiety and flexibility. You will need to complete a short sign-up sheet with Your Trust (we can help you with this) beforehand.



Cannelloni with Tomato Sauce. You will make this during the session and then take it home to cook and enjoy!

Cooking Workshop

**Monday 11th March,
10.30am – 11.30am
Littleborough Area,
Venue TBC**

Join us for a cooking workshop to learn how to make Spinach & Cream Cheese

Connect 5 Mental Health and Wellbeing

**Tuesday 16th April,
10.00am – 12.30pm
Empire House, College Road, Rochdale,
OL12 6AE**



Our Connect 5 Trainer for n-compass, Neil, has lots of experience of supporting

people with their mental wellbeing and will be hosting a session for carers. Connect 5 is an educational input designed to improve confidence in engaging in conversations about mental wellbeing. There is no pressure on anybody to share anything and there are no role-plays and Neil aims to make all sessions engaging, useful and enjoyable. “Very useful for personal and work-life balance. Very informative with lots of advice how to help others effectively”.



Active Living Social (for over-50s)

**April – Session, time and date TBC
Middleton Arena, LCpl Joel Halliwell VC
Way, Middleton, M24 1AG**

This is a fun-filled afternoon of music and dance taking you through the decades.

Have a drink and a chat and make new

friends too, as we take a group of carers to this Your Trust session to introduce you to this activity. As Your Trust have not yet planned all of their activities for next year, please express an interest in this event and we will confirm that this session is running as soon as we can.



Zoom Activities for Adult Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other carers. 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. Simply click the links or scan the QR code with your camera on each of the meetings to join in.

All events are free and are for carers registered with the Carers' Hub Rochdale.

Weekly Zoom Sessions

Distance Reiki

Wednesdays 2.00pm – 3.00pm*

[Zoom Link](#)

Meeting ID: **813 5194 3140**

Password: **940735**



Seasonal Flow Yoga

Wednesdays 6.15pm – 7.30pm*

[Zoom Link](#)

Meeting ID: **892 6497 0582**

Password: **030426**



Yoga Nidra

Thursdays 7.00pm*

[Zoom Link](#)

Meeting ID: **870 8007 6510**

Password: **455916**



*Subject to change.

Carers' Hub News and Information

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 all across the UK and cost just £25 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.

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 an when you need it. Please contact us if any of your details have changed (for e.g., 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 Officer – 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



Carers Choir

Unitarian Church, Off Spotland Road,
Rochdale, OL12 6TP.

Every Tuesday 4.00pm – 5.30pm
(term-time only)

This is a wonderful place to meet other carers and enjoy a sing along and make friends at the same time. We sing some

lovely songs and have fun whilst we are singing. Come and see for yourself! There are no auditions and even if you think you cannot sing but love singing in the car, shower, bath etc you're very welcome. If you are interested, please email rochdalecarerschoir@gmail.com.



Carers Help and Talk (CHAT) Line

Call: 0330 022 9490

Do you sometimes feel like you just need to pick up the phone and talk to someone? Do you feel like you would benefit from a listening ear, the chance to offload, emotional support or just a friendly chat? You can call our Carers Help and Talk

(CHAT) Line and speak to one of our volunteers. Our CHAT Line is available 24 hours a day, but if your call is not immediately answered by one of our volunteers, please try calling again at a different time.



Sharp Cross & Mann
solicitors

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 enquiries@rochdalecarers.co.uk to book a slot.

Focus on... The Digital Library

(A partnership between Rochdale Borough Council, the voluntary sector and local organisations to help tackle digital exclusion)

Did you know that if you're a resident of Rochdale, Heywood or Middleton you can get support to "get online"?



The partnership recognises that in an ever-increasing digital world many residents are missing out. Not everyone has internet provision, not all have a device and many don't have the skills to benefit from what the digital world has to offer.

In order to address this, Rochdale Council has joined forces with community partners, Rochdale Borough Libraries and The Good Things Foundation to offer a digital lending service.

The aim of the service is to provide residents with the tools they need to join the digital world.

Help can be given in a variety of ways:

- **Devices:** laptops and tablets can be borrowed for up to 9 weeks.
- **Data:** We can provide Data for devices by installing data sim cards (we'll work out which is the best option for you based on what you are hoping to do)
- **Skills:** 1:1 sessions or group sessions can be provided to suit your needs. They can help with accessing the NHS app to order repeat prescriptions online, show you how to contact the council online and link you in with friends and family. The aim is to provide you with the confidence you need to be more active online.
- **Signposting:** if you require further help, they can signpost to other services that may be more tailored to your needs. (e.g., HMR Circle)

Why not get in touch?

Call: 01706 926653 and speak to Michelle or Shania.
www.rochdale.gov.uk/libraries/digitech-digital-tech-library





Other Events, News and Useful Information...

Dementia Help Magazine

Dementia Help has a free online publication designed to provide helpful information on dementia care. There are interviews with professionals and carers and personal stories offering insights into the experiences of those affected by dementia. You can download issues and subscribe to the magazine here:

www.dementiahelpuk.com/magazine/



Friends Together – Bereavement Support Group

If you are someone who has been bereaved and would like support or feel that you would like to help others, Rochdale Parish Churches invite you to join their Rochdale Friendship support group. There is no need to book the sessions which take place **Every 2nd Wednesday of the month at 10.00am – 12.00pm, Rochdale Parish Church - 13th December, 10th January, 14th February, 13th March, 10th April, 8th May, 12th June.**

For more information, call **01706 346774** or email revannegilbert@gmail.com

Milnrow Wellbeing Café



HomeInstead host a monthly relaxed and informal session for people living with dementia and their carers. There is free refreshments and entertainment and the opportunity to receive information and 1:1 advice from the Alzheimer's Society.

The sessions are on the first Tuesday of every month, 1.00pm – 3.00pm, Butterworth Hall, New Street, OL16 3PQ. Contact Joanne on **01706 249100** for more information and to book a place.



Caring and Sharing presents MULTI-LINGUAL ICT SESSIONS



Multi-Lingual ICT Sessions

Would you like any support to use a computer? Caring and Sharing are hosting multi-lingual ICT sessions in Farsi, Portuguese, French, Bengali, Spanish and Urdu.

The sessions are on Mondays 12.30pm – 2.00pm and Fridays are 1:1 sessions at 10.00am – 12.00pm at 78 Yorkshire Street, Rochdale, OL16 1JU. For more information, call **07944 238892**.

Health and Harmony Group

KYP are hosting a women's group to offer information and advice on health, activities and eating. There will be the opportunity to take part in activities including yoga and walks and to chat with like-minded people.

The sessions are every Tuesday 1.00pm – 3.00pm, KYP, Unity House, Belfield Road, Rochdale, OL16 2UP.

Call 01706 630140, or email asma@kyp.org.uk



Rochdale & District Mind Diverse Community Dementia Support Group

Rochdale and District Mind offer mental health and emotional wellbeing support for those living with dementia, their carers, and families living in the Rochdale Borough. This includes their Diverse Community Dementia Support Group which is a social group welcoming people from any backgrounds to meet staff and support workers in a safe and friendly environment. They provide services in a variety of languages including Urdu, Punjabi, Bangla and Swahili. You can find out more on this group (which meet every fortnight on a Monday 1.00pm – 2.30pm at Khubsuret House, Castlemere Street), and other groups they host, by visiting: www.rochdalemind.org.uk/how-we-can-help/dementia-wellbeing-services/ or contact the Dementia Wellbeing Team to find out more: Eva – 07789 220 405 or Rosanora – 07842 310636



Rochdale AFC Community Trust

Rochdale AFC Community Trust has so many activities to suit all levels, ages, and interests. They include Walking Football, coffee mornings, mixed sports, cost of living information and a food pantry. To find out more, visit www.rochdaleafccommunity.org, call 01706 643836 or email community@rochdaleafc.co.uk for further information.



Carers' Hub Rochdale Social Media and Information Platforms



Our Facebook page and groups are going from strength to strength. We now have more than 1,000 followers on our page which is full of information and articles of interest to carers. Please have a look at and "like" and "follow" our page by logging into Facebook and searching for **Carers' Hub Rochdale**, or by following the link: <https://www.facebook.com/Carers-Hub-Rochdale>.

You can also join one of our closed groups for adult and young carers which we keep updated with activities and events across the borough and will also ensure that any news or offers are posted here. To join the groups, click on or search for "**Rochdale Adult Carers**" or "**Rochdale Young Carers Hub**".



Carers
Community
Network

Carers Community Network Platform. This is a virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing. We have cookery rooms, gardening rooms, photography rooms and so much more.

It only takes a minute to sign up and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 2,000 active members who are looking forward to connecting with you!

**Please be aware, that to access the Carers Community Network Platform, you will need to 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.*



Carers' Hub Rochdale Bulletin. In addition to this newsletter, we are now emailing out regular e-bulletins to carers which include reminders about upcoming Carer Hub events, any new activities or offers introduced in-between newsletters and updates from other organisations.

To ensure you receive these, if we don't already have your email address, please email enquiries@rochdalecarers.co.uk or speak to your Carers Information and Support Officer, and we will put you on our e-bulletin mailing list so you don't miss out!

Activity Time!



Cook with us - Slow Cooker Sausage Casserole

Method

1. Fry the onion and celery in the oil over a low heat until it starts to soften and cook, about 5 mins, then spoon it into the slow cooker. Fry the carrots briefly and add them too.
2. Brown the sausages all over in the same frying pan – make sure they get a really good colour, transfer to the slow cooker and add the sweet potato and tomatoes.
3. Put the purée in the frying pan and add 250ml boiling water, swirl everything around to pick up every last bit of flavour, tip the lot into the slow cooker. Add the herbs, stock cube and some pepper. Don't add salt until the casserole is cooked as the stock can be quite salty. Cook on high for 4 hrs or on low for 8 hrs, then serve or leave to cool and freeze.

Ingredients

- 2 red onions, finely chopped
- 1 celery stick, finely chopped
- 1-2 tbsp rapeseed oil
- 4 carrots, cut into fat pieces
- 4 sausages of choice
- 1 sweet potato, peeled and cut into chunks
- 400g tin tomatoes
- 1 tbsp tomato purée or tomato and veg purée
- 1 thyme sprig
- 1 rosemary sprig
- 1 beef stock cube or stock pot

Useful Numbers

Carers' Hub Rochdale

0345 0138 208

CHAT Line

(to speak to a volunteer who will offer a listening ear)

0330 022 9490

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

NSPCC

0808 800 5000

(In an Emergency and outside office hours 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 751180

Thinking Ahead

(Mental Health & 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 303 3581

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 7847



carers'
HUB

Rochdale

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

Note: 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.

Disclaimer: Please note that whilst the Carers' Hub Rochdale does our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call before attending. Every care has been taken in the publication of this newsletter. However, the Carers' Hub Rochdale will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.