

Spring/Summer 2026

**Bury**

carers'  
**HUB**

# Newsletter



Welcome  
to the **12<sup>th</sup>**

**Bury Carers' Hub  
Newsletter**

**n|compass**  
towards a **brighter** future

**Bury**  
Council

**NHS**  
Greater Manchester

Registered Charity No. 1128809

# Welcome

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Welcome to the 12th edition of the Bury Carers' Hub Magazine. As I begin to write this magazine, the sun is shining, birds are tweeting and gardens are beginning to bloom. It's amazing how a bit of natural light can uplift our mood. As always, your wellbeing is important to us. Our service is centred around YOU and those you support.

We are pleased to be offering 2-3 activities every week and hope you enjoy meeting the team and other carers in different venues throughout the borough.

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 [www.burycarershub.org.uk](http://www.burycarershub.org.uk)

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**

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## Your Information, Your Voice

### How We Use and Protect Your Data

At N-Compass, we want you to feel confident about how we use your personal information and how you can raise any concerns.

We're always clear that:

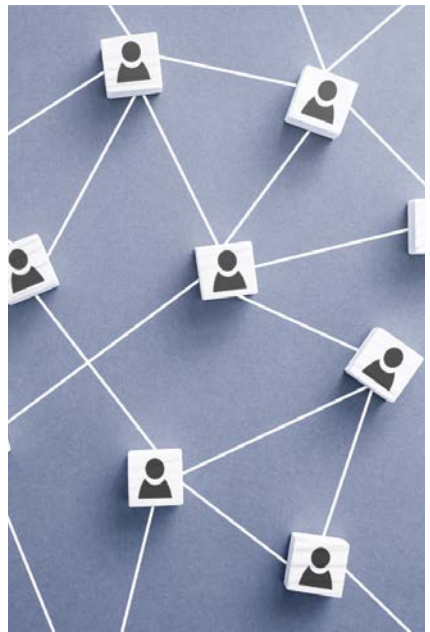
- All calls are recorded for training and monitoring
- We are a confidential service and won't share your information without your consent - unless we believe you or someone else is at risk
- As we're funded by the local authority, we may be asked to share information about registered carers to help them plan and improve services

By registering with us, you agree to this.

To help you understand more:

- Our Privacy Policy explains how we collect, use, and protect your personal data, and your rights under the law
- Our Complaints Policy outlines how to raise a concern and what you can expect from us
- You can read both policies on our website:

[www.n-compass.org.uk](http://www.n-compass.org.uk)



## What our Service Offers

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

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

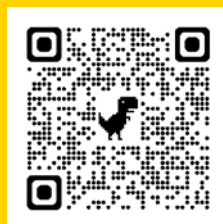
### As a carer registered with Bury Carers' Hub, support available includes:-

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

## 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 is a carer's assessment and how do I get one?

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

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

**To access a carer's assessment, please contact the Connect and Direct Hub on 0161 253 5151.**

## Carer's Strategy Partnership Board

Do you have time to attend 3 meetings a year in Bury,  
out of pocket expenses paid?

Would you like to share your experience of being a carer help shape services  
and ensure that what we currently provide meet the needs of carers.

We would love to hear from you.

For more information, please email

[Enquiries@burycarershub.org.uk](mailto:Enquiries@burycarershub.org.uk)

## 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](mailto:volunteering@n-compass.org.uk)

Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange handwritten letters with you once a month using good old-fashioned pen, paper and The Post Office! If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)



## Young Adult Carers

Are you aged 18-25? If so, we are keen to hear from you. Being a carer can be difficult. Juggling education, work, relationships and supporting a family member or friend can impact on your own health & wellbeing. Tell us how we can support you in a way that works for you. Have a brew on us with access to a free Starbucks or Costa voucher.

Speak with one of the team, call **0300 303 0207**, message us on our socials or email us on [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)

## Carer's Emergency Card

Having a contingency plan in place can help to provide piece of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Bury Carers' Hub have a Carer's Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place. The team will guide you through the process in completing the documentation. Please ask one of the team or call **0300 303 0207**.



# Looking after someone?

Access  
FREE online  
resources  
for carers



Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Our digital products and online resources are available to carers and include:

## E-Learning & Videos

Practical learning and guidance for carers



## Jointly

Care co-ordination app



## Free publications

Guides and information from Carers UK



## More support

Helpful resources, tools, and links to local services



Visit [carersdigital.org](https://carersdigital.org) and use code **NCOMPASS** to create a free account and access online resources.



### Do you look after someone aged 18 and over?

A parent, partner, child or friend or relative?  
If they rely on you, even a little - you're a carer.  
Many people don't realise they are carers - until someone says it.

### What is Co-Production?

Co-Production means working together with carers to improve services,  
making sure your voice is heard and valued.



### Get Involved

For adult carers (18+) supporting someone  
aged 18+ in Bury.

We would love to hear from you!

**Telephone: 03003 030207**

*(Calls are charged at local rate)*

**Email: [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)**

Masumma Khan  
Carers Co-Production Coordinator  
Bury Carers' Hub

### Why Get Involved?

- Share what's working (and what's not)
- Help improve local support
- Meet others with similar experiences
- Be part of real change in Bury

## What We Have Been Up To



**Art for Wellbeing  
- Christmas**



**Music to Lift the Mood**



**Reflexology**



**First Aid  
For Carers'**

**Bury**  
carers'  
**HUB**



**Stepping Out Project**





## Activities and Events

### Weekly Art Sessions

We offer a relaxed weekly art group, hosted by a fabulous carer/volunteer **every Thursday 11.00am - 2.00pm** at **Cosalea Café, Walshaw Road, Bury, BL8 1PY.**

Bring your own materials, pens, paints etc and join the fun. For more information, please speak with one of the team by calling **0300 303 0207.**



### Coffee and Chat

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.

If you have never been to a Coffee and Chat before don't worry! Everyone was new once. A friendly member of our team or one of our volunteers will be there to greet you and offer a warm introduction.



## Carer Drop Ins

Meeting up face to face with our carers is what makes our job so special. We offer weekly and fortnightly informal Carer groups. You do not need to be registered with Bury Carers' Hub to come along. 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.

### Carers Information and Support in Bury | Bury Directory.

We also have hardcopies available at our groups. Our current offers:

Radcliffe	Prestwich	Whitefield	Bury Central	Bury North
<b>Listening Ear Café</b> United Reform Church, Blackburn Street, Radcliffe, M26 3WQ	<b>Church Lane Community Centre,</b> Church Lane, Prestwich, M25 1AJ.	<b>The Sir Robert Peel,</b> Sunnybank Road, Bury, BL9 8ES	<b>Bury Masonic Hall,</b> 25 Parson's Lane, Bury, BL9 0LY	<b>Scotties Tea Rooms,</b> Railway Street, Ramsbottom, Bury, BL0 9AS
<b>10.30am - 12.00pm</b>	<b>1.00pm - 2.30pm</b>	<b>1.00pm - 2.30pm</b>	<b>10.30am - 12.00pm</b>	<b>10.00am - 11.30am</b>
<b>Fortnightly on Tuesdays</b>	<b>Fortnightly on Tuesdays</b>	<b>Fortnightly on Mondays</b>	<b>Weekly on Wednesday</b>	<b>Last Friday of the month</b>
This venue has a community café and is a lovely space to meet with our carers. <b>Free parking is available at the back of the building.</b> Why not stay for lunch?	This is in partnership with Julie Bentley, Social Prescriber for Prestwich Primary Care Network.	Joanne the manager always makes us very welcome.	It is 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.	The Bury Carers' Hub team will be there to welcome you with a smile and will buy coffees, teas and soft drinks
5th May	11th May	12th May	13th May	29th May
19th May	26th May	25th May	20th May	26th June
2nd June	9th June	8th June	27th May	31st July
To continue every fortnight	To continue every fortnight	To continue every fortnight	To continue weekly	To continue monthly

For more information on dates and times, please call us on **03003 030207** 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](https://www.facebook.com/Bury-Carers-Hub-100983494977654)

## 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>

### 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. No matter what you're facing, Reiki can offer support. Whether you're seeking relief from chronic pain, emotional distress, or simply want to enhance your overall well-being.



### 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



### Yoga Nidra

Every Thursday 7.00pm

Yoga Nidra is a guided meditation that helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.



Scan Here

To access any of our Yoga or Reiki sessions on Zoom please click the link: <https://forms.office.com/e/xqudEkkPN0> here or scan the QR code to complete the short booking form and we will provide the Zoom Link. The reply is not automated and may take a couple of days to reply with the Zoom link. The Zoom link will then remain the same each week. For further information or support please email: [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)

# Walk and Talk With Us

## N-Compass Bury Carers' Hub, The Stepping Out Project with Manchester and Salford Ramblers

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

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



All walks are posted on Facebook, The Bury Directory and promoted at all our groups.  
For future dates, please keep in touch.

**PLACES ARE LIMITED, THEREFORE BOOKING IS ESSENTIAL**

For more information, please contact  
[Jacqui.Byron@burycarershub.org.uk](mailto:Jacqui.Byron@burycarershub.org.uk) 0300 303 0207





## Upcoming Events

### Carers' Week

8th June – 14th June 2026



This annual UK campaign will shine a light on the challenges faced by unpaid carers and encourage them to access support.

The theme is:  
  
**“Building Carer Friendly Communities.”**



Bury Carers Hub will be hosting a week of celebrating all things Carer-related. The team will be out and about in the borough, popping up in various locations, offering activities and events, providing information and working alongside other organisations.

For more information, please stay in touch with the bury carers' hub team



# Information for Professionals



## Carer Awareness Briefings / Carer Champion Training / Carer Friendly Mark

Does your work bring you into contact with any unpaid carers or do you have some carers on your staff team? If so, Bury Carers' Hub offers carer awareness briefings.

**The aim of the briefing is to:**

- Help you to identify carers
- Help you to understand the needs of carers
- Help you to understand how important carer health and wellbeing is
- Increase your knowledge about what support is available to carers through Bury Carers' Hub, Bury Council and other organisations
- Help you support your staff to navigate referral pathways
- Briefings can be delivered virtually via Zoom, MS Teams and face-to-face at a meeting or training session.



For more information or to book a session, please contact Bury Carers' Hub on **0300 303 0207** or email [tunde.oni@burycarershub.org.uk](mailto:tunde.oni@burycarershub.org.uk)

# Useful Information

## Training for Carers

Our annual carers training calendar is coproduced with carers. We have previously facilitated:



**First Aid Training**



**Self Care & Staying Well**



**Art For Wellness**



**Fire Safety in the Home**



**Carer's Emergency card**  
(how can this help me)



**Art As Medicine**



**Dementia Awareness**



**Reflexology For Wellness**



**Growing Old Together**  
(who will truly understand my loved one when i'm gone?)

The training will be advertised in the FaceBook group and The Bury Directory. The team will also speak about sessions at Coffee & Chats and individual sessions with carers. If there is anything you would like us to deliver, please let us know. We are hoping to offer 'Financial Planning' and 'Community safety' later in the year.

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

# Useful Information

## Information and Advice



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



### How to access the service

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.

### 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.

### Opening times

Our information and advice officers are available:

**Monday to Friday,  
9.30am to 4.00pm.**



To book a free appointment, please email [jubilee@ageukbury.org.uk](mailto:jubilee@ageukbury.org.uk) or call **0161 763 9030**. Our service is free but we welcome donations to keep the service up and running

## Handyperson Service

- ✓ Our service helps with small DIY and repair jobs such as fitting handrails and security locks, putting up shelves, curtain rails and wall decorations; assembling flat pack furniture; minor plumbing, painting and decorating work and changing light bulbs
- ✓ Written quotes will be given for all work. Prices are dependent on the scale and length of work being done. If you have a couple of small jobs which could be completed in an hour, it would cost £30 plus materials
- ✓ We are also working with trusted traders to help people with specialist work (e.g. replacement of boilers, roofing etc)



To get in touch please:  
Telephone: **0161 796 6949**  
or email: [hp@ageukbury.org.uk](mailto:hp@ageukbury.org.uk)

## Citizens Advice

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

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

Welfare  
benefits

Community  
care

Money  
advice &  
energy

Housing  
advice

Immigration  
& asylum

### Get In Touch

Telephone - Call us free on **0808 278 7804**.  
Available Monday - Friday, 10.00am - 4.00pm



## Bury Lions Message in a Bottle

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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'.**





# Bury Carers Emergency Card Planning Ahead for Peace of Mind

Bury Carers Hub is committed to supporting unpaid carers, especially during unexpected situations. The Emergency Card Scheme has been introduced to ensure that those being cared for continue to receive support even if their carer faces an emergency.

The scheme provides carers with an Emergency Card to carry with them and an Emergency Care and Support Plan to outline backup arrangements.

Carers who express interest will be given an Emergency Card and a Care and Support Plan template.

Carers will fill in the plan with details of nominated individuals, trusted people who can step in to provide care if needed. Each nominated individual receives a copy of the Support Plan, so they're prepared to help when called upon.

The names of the nominated individuals are added to the Emergency Card, which the carer keeps with them at all times. Emergencies can happen at any time. This scheme offers peace of mind to carers, knowing that there's a clear plan in place and that their loved ones will be cared for even if they're temporarily unavailable.



My name is:  ICE

Contact 1:

Contact 2:

For further information, please contact Bury Carers Hub on telephone **03003 030207** or by emailing: [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)

# Learning Opportunitites

## Adult Learning

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

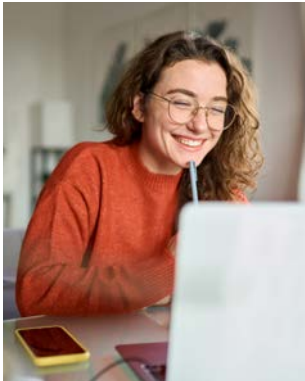


For more advice and information please contact Learner Services on **0161 253 7501** or Bury Adult Learning Centre on **0161 253 5772**.

Our full range of adult learning courses can be found at:

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

## Free Adult Learning Courses



Helping Yourself to Wellbeing (HY2W) is a 5-week course to help individuals to self-care and improve their health and wellbeing. The course provides participants with the knowledge, skills and tools to improve their confidence and motivation to set realistic goals for making changes to their lifestyle. The course runs for two hours per week for 5 weeks. To gain the most benefit from the course, attendance at all sessions is highly recommended. The course does not operate on a drop-in basis. This is a friendly, informal and informative course and previous participants have given positive feedback and stated that the course 'has changed their lives'.

Week	Subject
Week 1	Introductory Session and Discussion Around Health
Week 2	Behaviour Change – Why it isn't Easy
Week 3	Self-esteem and Confidence
Week 4	Dealing with Stress and Anxiety
Week 5	Lifestyle Choices – Healthy Eating, Alcohol and Smoking

The course is available to anyone over the age of 16 living, working or studying in Bury or who is registered with a Bury GP. You will need a self-referral or referral via a partner agency and must be registered with a Bury GP.

To book onto this course, please email: [BuryAdultAdmin@bury.gov.uk](mailto:BuryAdultAdmin@bury.gov.uk)

# Bury Live Well Health Trainer Team

## Who we are

The Bury Live Well Service comprises of four neighbourhood teams that focus on the needs and priorities of each neighbourhood. Each neighbourhood team is made up of Team Leads, Health and Wellness Coaches, Exercise Referral Officers and Wellbeing Coordinators.

Our teams will provide free personalised support. We believe in creating a healthier community where everyone can:



Start Well



Live Well



Age Well

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

## Why we are here

We are here to offer support and inspiration so that everyone can own their health, wellbeing and choose a healthy, active and fulfilling life. As we get older, there is a heightened risk of people developing long term conditions, such as high blood pressure, heart disease, type 2 diabetes or poor mental wellbeing.

We help people:

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

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

## The support we provide

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

We support people with:

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

## We help people

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

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

To access our help you will need to either:

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

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

### Contact Us

Telephone: **0161 253 6668**  
Email: [livewell@bury.gov.uk](mailto:livewell@bury.gov.uk)



## Wellbeing Support

Emotional & Mental Wellbeing Support in Bury.

### The Bury Directory Wellbeing Hub

Central point that details all the support available, ie Support by Phone, Support, Online, Talking Therapies, Bereavement Support, Support for Staff.

<https://theburydirectory.co.uk/support-for-adults>

<https://theburydirectory.co.uk/bereavement-support>

Tel: **0161 983 0902**

Monday 9.00am - 5.00pm

Tuesday 9.00am - 5.00pm

Wednesday 9.00am - 8.00pm

Thursday 9.00am - 5.00pm

Friday 9.00am - 5.00pm

(Except bank holidays).



## Other Useful Information

### Discounts for Carers

There are several discount and special offer cards for carers which may be useful to you. Visit each website for more information on the offers...

#### discountsforcarers

Discounts for carers have a huge range of discounts, money-saving deals and vouchers, join for free at [discountsforcarers.com](http://discountsforcarers.com)

#### CARERSMART

benefits discounts offers

CarerSmart offer, benefits and discounts to Carers and people with care needs

[www.carersmart.org](http://www.carersmart.org)

#### CEA CARD

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](http://www.ceacard.co.uk)



Merlin annual pass has a complimentary pass for carers. [www.merlinannualpass.co.uk](http://www.merlinannualpass.co.uk)

#### National Trust

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](http://www.nationaltrust.org.uk/features/access-for-everyone)

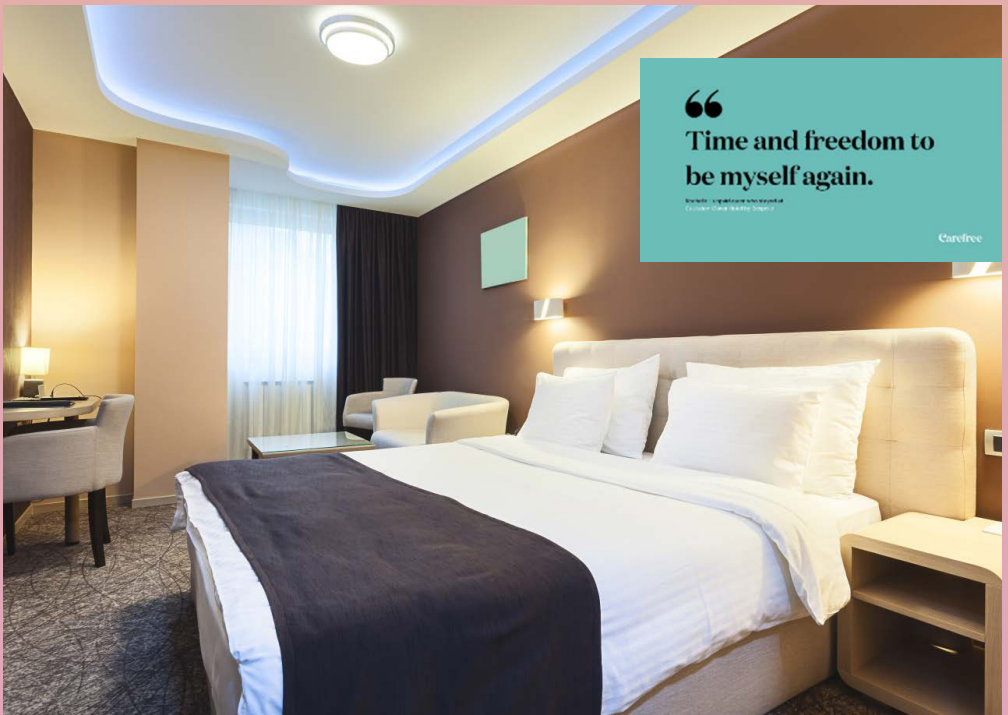
# Carefree

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

Bury Carers' Hub has partnered with Carefree, a charity transforming vacant hotel rooms into vital breaks for full-time 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](mailto:enquiries@burycarershub.org.uk) who will make the referral on your behalf.



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Time and freedom to  
be myself again.

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London, UK

Carefree

# Travel Vouchers for Disabled People



## Transport for Greater Manchester (TGFM)

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

### ➔ Do you qualify?

To qualify for travel vouchers, you must:

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

### ➔ Apply for travel vouchers and for more information

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

For more information please visit:

<https://tfgm.com/public-transport/ring-and-ride-minibuses>

## 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 Headquarters**

0161 872 5050

**AGE UK Bury**

0161 763 9030

**Bury VCFA / Beacon Service**

0161 518 5550

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

0800 555 815

**Citizens' Advice Bury & Bolton**

0808 278 7804

**Fairfield General Hospital**

0161 624 0420

**CAB**

0808 278 7804

**Healthwatch Bury**

0161 253 6300

**Creative Living Centre (CLC)**

0161 696 7501

**Andy's Man Club Bury**

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

**Bury Directory (CARERS)**

[theburydirectory.co.uk/services/bury-carers-hub](http://theburydirectory.co.uk/services/bury-carers-hub)

**Carers UK Helpline**

0808 808 7777

**Samaritans**

116 123





## Your Feedback

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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](mailto: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](mailto:enquiries@burycarershub.org.uk) to make your request.

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