

Autumn/Winter Edition 2025

Newsletter

carers'
HUB

Rochdale



Welcome
to the **25th**

**Carers' Hub
Rochdale
Newsletter**

n|compass
towards a brighter future



ROCHDALE
BOROUGH COUNCIL

**Greater Manchester
Integrated Care Partnership**

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Welcome to the 25th edition of the Carers' Hub Rochdale Newsletter

We extend a warm welcome to all unpaid carers. We have lots of activities for you to take a short break from your caring role, meet other carers and gain support. We have lunches, crafts, trips to the theatre, walks and more!

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

You can also always keep up to date with our service offer and new opportunities by visiting our website www.n-compass.org.uk

Please do take a moment to join our Facebook group: <http://www.facebook.com/groups/2516078581760510>, this is where we post any additional sessions or updates.

Alternatively, please drop in to our regular Coffee and Chat sessions to hear about any updates to the newsletter.

We look forward to seeing you soon.
Wishing you well,

Carers' Hub Rochdale Team

Contact Us Today

How to get in touch



Opening Times:

Monday to Friday 9.00am to 5.00pm



Telephone: **03450 138 208**



General Email: enquiries@rochdalecarers.co.uk



Address: **FREEPOST The Carers' Hub Rochdale**



Rochdale Adult Carers



Website: www.n-compass.org.uk/our-services/carers/rochdale-carers-hub



SCAN
ME

Consent Information

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: <https://www.n-compass.org.uk/>

What Our Service Offers

Carers' Hub Rochdale

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

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



Who is a Carer?

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

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

Do you relate to any of the below?

If so, we may be able to help you:

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

What support is available for adult carers?

As a registered carer support available includes:

- Specialist 1-2-1 and group support
- A dedicated support worker
- Peer support
- Information and support to take a break from a caring role including a volunteer led sitting in service and My Time Voucher Scheme
- Information, advice and guidance on a range of carer-related matters
- Local Carers Coffee and Chat Groups online and face to face
- Access to a range of digital/online resources and activities
- Access to online support including our Carers Community Network
- Support to access community, health and wellbeing services

Carers Community Network Platform*

This is a virtual community where you can meet other carers, share ideas and experiences, we currently have over 2,100 active members who are looking forward to connecting with you! It only takes a minute to sign up.



**Carers
Community
Network**

***Please be aware, that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on 03450 138 208 who will be happy to support you with this. You will just need to provide them with your name and email address.**

Facebook

Please look at “like” and “follow” our Facebook page by logging into Facebook and searching for Carers’ Hub Rochdale by following the link:

<https://www.facebook.com/carershbrochdale1>

To get up to date information on our activities, events and other useful information, please join our private group for carers <https://www.facebook.com/groups/2516078581760510>



**The
Volunteer Hub**

Carers’ Hub Rochdale has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you!

Please call **0345 0138 208** or email volunteering@n-compass.org.uk



**The
Volunteer Hub**
PEN PALS

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



What we've been up to!

Between May and August 2025, we have enjoyed lots of fabulous sessions with carers.

New carers are always made very welcome!

Card Making with Linda at River Beal Café

"Enjoyed making a beautiful birthday card with lovely company and a very nice cup of coffee too!"



Male Carers' Breakfast

"It is good to have a break and to meet other carers. Thank you for today."



Watercolour Painting

"I found it really relaxing, absorbing and peaceful"



Photography Workshop

"Very informative and supportive."



Activities and Events

Coffee and Chats

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



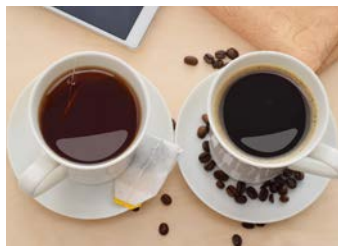
There is no need to book a place on our Coffee & Chats, but if you would like to talk to someone before you attend, or would like further information, please use the details on page 2.



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



New!



Saturday Coffee and Chats

Saturday 6th September 10.00am-11.00am

Saturday 4th October 10.00am-11.00am

Saturday 1st November 10.00am-11.00am

Saturday 6th December 10.00am-11.00am

The Martlet Kitchen, Rochdale Town Hall (Ground Floor), The Esplanade, Rochdale, OL16 1AZ

Saturday Coffee and Chats are for working carers or for carers that cannot attend the Coffee and Chats during the week. New carers always welcome.

No need to book.



Coffee and Chats

for carers from the BAME Community

Thursday 11th September 10.00am-11.30am

Thursday 9th October 10.00am-11.30am

Thursday 13th November 10.00am-11.30am

Thursday 4th December 10.00am-11.30am

Thursday 15th January 2026 10.00am-11.30am

**Kashmir Youth Project (KYP),
Belfield Road, Rochdale, OL16 2UP**



New carers are always welcome to these Coffee and Chats for carers from the BAME (Black, Asian and Minority Ethnic) community. No need to book. A bi-lingual support worker will be present.



Coffee and Chats 2025

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



Venue	Mind Café	Heywood Magic Market	The Courtyard	Gladwins	The Willows 
	14a-16 Wood Street, Middleton, M24 5TF	York Street, Heywood, OL10 1LT	(formerly Yates') 10 Fleece Street, Rochdale, OL16 1LY	(formerly Cuppaccino) 4 Ingliss Street, Littleborough, OL15 9RP	(Dementia Friendly – for carers and cared for) Broad Lane, Rochdale, OL16 4PP
Time	10.00am-11.30am	10.00am-12.00pm	10.00am-12.00pm	1.00pm-2.30pm	10.00am-11.30am
Date	Mon 1st Sept	Tues 2nd Sept	Wed 3rd Sept	Thurs 4th Sept	Fri 5th Sept
	Mon 15th Sept	Tues 16th Sept	Wed 17th Sept	Thurs 18th Sept	Fri 19th Sept
	Mon 29th Sept	Tues 30th Sept	Wed 1st Oct	Thurs 2nd Oct	Fri 3rd Oct
	Mon 13th Oct	Tues 14th Oct	Wed 15th Oct	Thurs 16th Oct	Fri 17th Oct
	Mon 27th Oct	Tues 28th Oct	Wed 29th Oct	Thurs 30th Oct	Fri 31st Oct
	Mon 10th Nov	Tues 11th Nov	Wed 12th Nov	Thurs 13th Nov	Fri 14th Nov
	Mon 24th Nov	Tues 25th Nov	Wed 26th Nov	Thurs 27th Nov	Fri 28th Nov
	Mon 1st Dec	Tues 2nd Dec	Wed 3rd Dec	Thurs 4th Dec	Fri 5th Dec
	Mon 15th Dec	Tues 16th Dec	Wed 17th Dec	Thurs 18th Dec	Fri 19th Dec
	Mon 12th Jan 2026	Tues 13th Jan 2026	Wed 14th Jan 2026	Thurs 15th Jan 2026	Fri 16th Jan 2026

Adult Carers' Special Events



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



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

Important Booking Information

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

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

You can book by:

Emailing: events@rochdalecarers.co.uk

or Calling: 03450 138 208

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

Adult Carers' Special Events



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

Male Carers' Breakfast

Tuesday 2nd September 10.00am-11.30am

Tuesday 7th October 10.00am-11.30am

Tuesday 2nd December 10.00am-11.30am

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

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 03450 138 208.

Please see Important Booking Information
on page 8.



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

Co-Production Meeting

Tuesday 9th September 10.30am-1.00pm

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

St George's Hall, Bury Road, Rochdale, OL11 4EB

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.

Please see Important Booking Information
on page 8.



(If you have missed this meeting but you would like to be involved and informed about future dates, please do get in touch using the contact details above).

As a carer, this is your opportunity to make a difference by working together, sharing your experiences and skills and to have your voice heard to influence, design and develop Adult Social Care services by speaking to key decision makers. Lunch provided. All spaces must be booked.

Tea and Toasted Teacake

(for carers and the person they care for)



Monday 15th September 2.00pm-3.30pm

Gordon Rigg Garden Centre,
Moss Bridge Road, Kingsway,
Rochdale, OL16 4UX

To express an interest in attending
this free event, please email:
events@rochdalecarers.co.uk
or call: 03450 138 208.

Please see Important Booking
Information on page 8.



Join us for a cup of tea or coffee and a delicious toasted teacake at Gordon's Bistro at Gordon Rigg Garden Centre. Why not take time afterwards to browse this fabulous store, which is filled with plants, gifts, fish and more!

Crochet Workshop and Blanket Project Get-Together

Tuesday 16th September 10.00am-11.30am

Tuesday 11th November 10.00am-11.30am

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

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.

Please see Important Booking Information on page 8.



Book a space and learn the basics of how to crochet, complete beginners welcome.

Join us in our collaborative project with Creative Health and Wellbeing as we create knitted or crocheted sensory blankets which will be donated to local Dementia Units and Hospices. If you already have any 3-inch or 6-inch squares you have created at home, then we would be very grateful if you could bring them to one of our Coffee and Chat sessions. A big thank you to all those who are taking part.



Walk at Greenbooth Reservoir

Tuesday 16th September 12.45pm-2.15pm

Greenbooth Reservoir Car Park, Woodhouse Lane,
Norden, Rochdale, OL12 7TB

To express an interest in attending

this free event, please email:

events@rochdalecarers.co.uk

or call: 03450 138 208.

Please see Important Booking Information on page 8.

This is a beautiful but challenging walk. You can bring your lunch if you would like to and we can stop to eat and take photos of the stunning landscape.

You must be a very confident walker to take part in this event.

This walk may include walking up and down steps, climbing over stiles, walking on cobbled and uneven ground as well as walking up and down slopes.

You must be able to walk for at least 30 minutes at a time. Please note that there are no toilet facilities. This will be a wonderful walk. Please book your space.

Please note, apologies but we cannot allow dogs on this walk



Lunch at New Pioneers Community Café

Thursday 18th September 12.00pm-1.30pm

Spotland and Falinge Community Centre,
92-96 Spotland Road, Rochdale, OL12 6PJ

To express an interest in attending this free event,

please email: events@rochdalecarers.co.uk

or call: 03450 138 208.

Please see Important Booking Information on page 8.

A delicious lunch and soft drink are on offer at this beautiful community café. You will receive a warm welcome as you meet other carers in this lovely community venue. Please book your space.



Book Club

Friday 19th September 10.00am-11.30am

Friday 17th October 10.00am-11.30am

Friday 21st November 10.00am-11.30am

Friday 19th December 10.00am-11.30am

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

To express an interest in attending this free event,

please email: events@rochdalecarers.co.uk

or call: 03450 138 208.

Please see Important Booking Information on page 8.

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



Walk in Healey Dell and Ice-Cream or Cold Drink (for carers and the person they care for)

Friday 19th September 1.00pm-2.30pm

Healey Dell Tea Rooms, Healey Dell Nature Reserve,
Dell Road, Rochdale, OL12 6BG

**To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.**

Please see Important Booking Information on page 8.



Book a place and enjoy a walk, in beautiful Healey Dell. After the walk we will return to the Tea Rooms for a refreshing ice-cream or cold drink. Take time to enjoy the peace that nature can bring. **Please note that carers and cared-for people must be confident at walking on uneven ground and all must be able to walk for approximately 30 minutes. Please note, apologies but we cannot allow dogs on this walk**



Gentle Stroll and Lunch

Tuesday 23rd September 11.00am-1.00pm

Tuesday 18th November 11.00am-1.00pm

Queen's Park Café, Heywood, OL10 4UY

**To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.**

**Please see Important Booking Information
on page 8.**

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



Improve Your Confidence Workshop

Wednesday 24th September 12.30pm-2.30pm

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

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

Do you struggle with feeling confident in new situations? Does this affect your everyday life? This workshop, led by Employment Links Partnership, will support you to feel more confident about yourself, whether this is in relation to finding a job or for confidence in your everyday life. There will be time for refreshments too. Book a space to join in with this informative workshop.



Alpaca Meet and Greet

Thursday 25th September 11.00am-12.00pm

Calderbrook Alpacas, Todmorden Road, Littleborough, Lancashire, OL15 9LY

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208.

Please see Important Booking Information on page 8.

This is a wonderful opportunity for any carers that enjoy spending time with animals. You will be able to interact and hand feed the alpacas whilst learning a bit more about these enchanting creatures. There will be photo opportunities too. Book a space and create memories to last a lifetime!



Brunch at Café Salento

Friday 26th September 10:15am-11.30am

Café Salento, Unit 3 Middleton Shopping Centre, Middleton, M24 4EL

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208.

Please see Important Booking Information on page 8.

Book a space and join us for a tasty brunch and tea or coffee at lovely Café Salento. Relax and chat to other carers and Carers' Hub Rochdale staff. We look forward to seeing you!



Fitness with Frank

Friday 26th September 1.00pm-2.30pm

Friday 31st October 1.00pm-2.30pm

Friday 28th November 1.00pm-2.30pm

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

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208.

Please see Important Booking Information on page 8.

Join our award-winning, volunteer fitness instructor, Frank, for a fantastic fitness session. Frank will show you stretches and strength-building exercises you can practice at home. There will be time to relax with a cup of tea or coffee too.



Pamper Session

Monday 29th September 1.00pm-3.00pm

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

**To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.**

**Please see Important Booking Information
on page 8.**

Book a space and enjoy a bit of relaxation with
either a mini facial or massage. Relax and unwind
whilst you meet and chat with other carers.



Getting the Most from your Mobile Phone

Thursday 2nd October 1.15pm-2.45pm

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

**To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.**

Please see Important Booking Information on page 8.

Join our mobile phone whizz, Carers' Hub Rochdale Carer Information and Support Officer, Karan, to learn more about the potential of your mobile phone. Learn to use apps and find useful websites which may help in everyday life. Book a space for this informative workshop. Refreshments provided.



Pamper Session

**For The BAME Community
(Black, Asian and Minority Ethnic)**

Monday 6th October 10.00am-12.00pm

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

**To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk
or call: 03450 138 208.**

**Please see Important Booking Information
on page 8.**

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



Energy and Bills Information Session

Tuesday 7th October 1.30pm-2.30pm

Butterworth Hall Community Centre (The Lounge Room), New Street, Milnrow, Rochdale, OL16 3PE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208.

Please see Important Booking Information on page 8.

Book a space for this informative session for top tips to save energy and lower the cost of those ever-increasing bills. Meet Beata, Energy Champion, from Citizens Advice Sort Group and learn ways to save energy and save money.



Come From Away (The Musical)

Wednesday 8th October 7.30pm-9.45pm (approx.)

The Curtain Theatre, 47 Milkstone Road, Rochdale, OL11 1EB

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208.

Please see Important Booking Information on page 8.

Come From Away is an incredible musical, based on the real-life story of the 7,000 air passengers, from all over the world, who were diverted to the small town of Gander in Newfoundland, Canada, during the wake of 9/11. This moving and uplifting show has wonderful toe-tapping music and is a celebration of hope, humanity and unity. **Please note this historic theatre does not have accessible toilets. There is a flight of stairs to climb to access the theatre, there is no lift but there is a chair lift.**



Online Crafts with Erica

Monday 13th October 2.00pm-3.30pm

On Zoom

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208.

Please see Important Booking Information on page 8.

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



Tote Bag Printing

Tuesday 14th October 1.00pm-3.00pm

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

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

Join Janine, from Groundwork Trust, to print a beautiful fabric tote bag. Enjoy being creative as you meet other carers and enjoy a cup of tea or coffee. Your finished tote bag can be used for shopping, library books or as a thoughtful gift.



Photo by Lewis Wileman

Little Gift

(for parent carers and the person they care for)

Saturday 18th October 1.15pm-2.30pm (approx.)

M6 Theatre, Studio Theatre, Hamer CP School, Albert Royds Street, Rochdale, OL16 2SU

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

This heart-warming performance uses a playful mix of puppetry, music and song. Little Gift is a story about friendship and the joy to be found around every corner. Ted is a cautious old soul living all alone in a busy bustling town. He likes it that way. It's quieter and safer. Until one extraordinary day, a surprise visitor turns his lonely life upside down. A charming story suitable for the young and the young at heart. Please note, this event is for parent carers. Parent carers provide support to their children, including grown up children, who couldn't manage without their help. Please book your space.



Afternoon Tea at River Beal Café

Thursday 23rd October 12.30pm-2.00pm

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

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

Book a space and enjoy a tasty afternoon tea at the lovely River Beal Café. Meet other carers and take a bit of time to relax.



Caring Minds Group

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

Wednesday 22nd October 10.00am-12.00pm

Wednesday 10th December 10.00am-12.00pm

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

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

In collaboration with the Community Mental Health Teams in Pennine Care, this group provides 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 Rochdale professionals. The group will discuss conditions, how this may affect those being cared for and the impact it can have on carers, as well as talk through useful strategies and support available. Each session will have a different focus, however sessions are flexible and cater to the needs of the group.



Male Carers' Breakfast

Tuesday 4th November 10.00am-11.30am

Harvester Sir Winston Churchill, 710 Bury Road, Rochdale, OL11 5HW

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

Enjoy a delicious, cooked breakfast and a cup of tea or coffee. Meet other male carers and Carers' Hub Rochdale staff. Relax and chat whilst your breakfast is cooked for you. New carers always welcome.



New Carer Welcome and Information Session

Tuesday 4th November 12.30pm-2.00pm

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

On Zoom Tuesday 4th November 6.30pm-7.30pm

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

This session is designed for those new to Carers' Hub Rochdale. Delivered by Carers' Hub Rochdale staff, this is the perfect session for any new carers (who are recently registered with Carers' Hub Rochdale) who would like some guidance or information about our service to navigate your caring journey. Please book a space, you will be made most welcome.



Card Making Workshop

Thursday 6th November 10.45am-12.00pm

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

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

Join Linda at River Beal Café to make a beautiful Christmas card or alternative greetings card in a decorative box. Impress friends or relatives with your professional-looking handmade card. Enjoy meeting other carers and being creative. Hot or cold drink included.



Carers' Shopping Trip to Bury

Saturday 15th November

Pick-ups from Littleborough, Rochdale and Heywood, from 9.30am. Leaving Bury Town Centre at approx 1.30pm to return to Heywood, Rochdale and Littleborough

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

Book a space and join us for a shopping trip to Bury Town Centre. Enjoy strolling around the market and the shops looking for gifts and treats. Once in Bury you are welcome to stay with Carers' Hub Rochdale staff or to look around at your own pace. Carers will need to bring money for shopping and either bring a packed lunch or money to buy food. Please note, you will need to be able to climb the steps (approximately 5 steep steps) to get on and off the coach.



Carers' Rights Day Information Event

(for carers and the person they care for)

Thursday 20th November

drop in between 1:00pm-3:00pm



Rochdale Town Hall, The Bright Room
(Floor 2, lift available),
The Esplanade, Rochdale, OL16 1AZ

No need to book, please drop in.



This is a fabulous, informative event for carers. Come and meet a wide range of local support services who will be on hand to give you valuable information to support you in your caring role. Take time to browse each information stall, then take time for a sit down and chat to Carers' Hub Rochdale staff to ask any questions you may have. All of this in the beautiful setting of Rochdale Town Hall.



Visit to the Smart House

Tuesday 25th November 1.00pm-2.30pm

The Hub Alkington, Hardfield Road, Alkington, Middleton, M24 1TQ

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

Book a space and visit the Smart House. View, and try out, a range of digital and assistive technological devices which can help support independence. Some of the technology available includes pendants to call for help at the touch of a button, fall detectors, medication alarms and reminders, movement sensors and much more. Enjoy a cup of tea or coffee whilst you look around this fascinating facility.



Aladdin Pantomime

Wednesday 26th November 1.00pm-3.30pm (approx.)

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

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

Embrace your inner child as you enjoy a trip to the theatre to watch a magical pantomime. Book your space and join us to "boo" the baddies, shout "it's behind you!" and enjoy a sprinkling of fairytale magic. With dazzling dance routines, stunning scenery, beautiful costumes and amazing special effects, you will be in for a real treat!



Wreath Making

Tuesday 2nd December 12.45pm-2.45pm

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

Wednesday 3rd December 12.45pm-2.45pm

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

Friday 5th December 1.00pm-3.00pm

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

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

Book a place to make a beautiful wreath! Janine from Groundwork Trust will guide you to make a wonderful wreath using natural materials.



Flower Centrepiece Craft Session

For carers from the BAME (Black, Asian and Minority Ethnic) community

Monday 8th December 12.45pm-2.45pm

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

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

Work with Erica, from Creative Health and Wellbeing, to create a beautiful, floral centrepiece. Enjoy meeting and chatting to other carers, over a cup of tea or coffee as you create something special to take home.



Coffee and Cake at Mill About

(for carers and the person they care for)

Tuesday 9th December 2.00pm-3:30pm

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

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



Relax in Mill About, a delightful café, as you enjoy a slice of delicious cake and a hot drink. Enjoy meeting other carers and chatting to Carers' Hub Rochdale staff in this fabulous setting.



Christmas Special Event

(for carers and the person they care for)

**Thursday 11th December 12.30pm-2.30pm
(Doors open at 12.15pm)**

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

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



Celebrate together at our Christmas Special Event. Enjoy fun, festive entertainment, a tasty light lunch and a hot drink. Book a space and enjoy a lovely, Christmassy afternoon.



Christmas Special Event

(for carers and the person you care for) 

Thursday 11th December

12.30pm-2.30pm

Heywood Baptist Church

Rochdale Road, Heywood, OL10 1LE

**Enjoy a festive afternoon with a light lunch
and entertainment!**

Please book your space

by calling: 03450 138 208

or email: events@rochdalecarers.co.uk

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Online Activities for Adult Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity if there is one. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join> for further information. **Some sessions may be subject to change and any changes will be communicated via email.** For further information or support please email activities@staffordshiretogetherforcarers.org.uk

Weekly Sessions

Distance Reiki

Every Wednesday 2.00pm-3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being. During these sessions carers can relax in their own home while Jo guides you through a healing experience.

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

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



Scan Here



Seasonal Flow Yoga

Every Wednesday, 6.15pm-7.30pm

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life.

The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.

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



Scan Here

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



Yoga Nidra

Every Thursday 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.

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



Scan Here

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

Carers' Hub News and Information

Has anything changed?

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

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

**New
phone
number?**

**Changed
your
address?**

Young Carers' Hub Rochdale

Our young carers have been very busy; they have enjoyed an interactive session with a famous writer, Rab Ferguson, and a cinema trip to see Lilo and Stitch. Over the summer some amazing activities were enjoyed by our young carers. These included a day trip to Blackpool Pleasure Beach, a fantastic Forage and Cook session including berry tie dye, cooking smores and horse riding. The young carers had an awesome activity day with crate stacking, crossbow shooting, a cave bus and grass sledging. The kayak and giant paddleboarding session with chip butties was fantastic!

So, if you know anyone aged 5-17 years who is a young carer, please get in touch so they can come to our amazing activities!

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

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

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



**YOUNG
carers'
HUB**

Rochdale



Rochdale

Your Voice Matters

Carers' Co-production Network

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

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



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

Telephone: 0345 0138 208

(Calls are charged at local rate)

Email: events@rochdalecarers.co.uk



or follow the link/scan the QR code to complete the registration form

<https://forms.office.com/e/Nc02Ut93wC>

The next meeting will be:

**Tuesday 9th September 2025
10.30am-1.00pm**

St. George's Hall,
Bury Road, Rochdale, OL11 4EB

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

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



Northern Care Alliance
NHS Foundation Trust

Hospital Discharge Project

Carers' Hub Rochdale are working with the Northern Care Alliance to support the identification of unpaid carers in Rochdale Infirmary.

Carers and professionals can drop by for advice and guidance at the link bridge, Rochdale Infirmary, between 10am and 1pm on:

Tuesday 9th September 2025

Thursday 9th October 2025

Thursday 20th November 2025

Friday 5th December 2025

Contact for Carers' Hub Rochdale: 03450 138 208

or email: events@rochdalecarers.co.uk

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Useful Information

Free 30 minute session with a solicitor for carers

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



Sharp Cross & Mann
solicitors

Carefree

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



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

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

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

Energy Drop-in Session at Number One Riverside, Rochdale, first and third Tuesday of the month 10.00am-2.00pm



The Energy Team will be on hand to advise on income maximisation including via benefits, budgeting, energy efficiency including applications for ECO grants. Also dealing with energy debt repayment, including water debt, energy complaints, social tariffs, PRS, charity grant applications and more.

Face to Face Rochdale

citizens
advice

Monday

Number One Riverside

General advice drop in 9am-3pm

Tuesday

Smallbridge Library

General advice drop in 9am-3pm

Wednesday

Number One Riverside

General advice drop in 9am-3pm

Thursday

Number One Riverside

General advice drop in 9am-3pm

Heywood Library

Appointments Only (Contact
advice line on 0808 278 7803)

Friday

Littleborough Library

General advice drop in 9am-3pm



ROCHDALE
BOROUGH COUNCIL

Customer services

Rochdale Customer Service Center, Number 1 Riverside.
Monday - Friday 9:00 - 5:00

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

We can provide support and advice on council services
including:

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



We offer a drop in service and appointments by request.

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

MACMILLAN
CANCER SUPPORT

Macmillan Benefit Advice

- Nye Bevan House

Benefit advice for cancer patients,
their carers and families

- Appointments Only
(Contact advice line on 0808 278 7803)



GP CARE SERVICES

THE WILLOWS DEMENTIA HUB

COMFORT DAY SERVICE



THE WILLOWS

WHO WE ARE?

The Willows specialise in bespoke dementia care, from day care services, to respite, to residential care. We have an excellent reputation across the borough of Rochdale, and pride ourselves on our unique, person centred approach to dementia care.

Our comfort day site is located at Moss Bridge House, Moss Bridge Rd, Rochdale, OL16 5EA.

WHAT WE DO?

Our comfort day service is a specialist day care service for people living with dementia. We tailor activities to meet each service users needs and likes, we provide nutritious home cooked meals, and we encourage social interaction to prevent loneliness. We accept self funding referrals as well as adult care funded placements.

PREVENTING ISOLATION

Our comfort day service encourages people to build friendships, provides company and prevent isolation.

CARERS BREAK FOR FAMILIES

As well as meeting the needs of our service users, our comfort days provide a much needed carers break for families.

TAILORED ACTIVITIES

All activities are tailored to meet our individual service users likes and needs. We have strong links with the Halle orchestra, Get up and Grow, gardening and pottery sessions.

CONTACT DANIELLE FOR MORE INFO OR TO ARRANGE AN ASSESSMENT



(01706) 248661



danielle.dutton@nhs.net



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

Dementia Support

Heywood, Middleton, and Rochdale

Connecting you with dementia support by telephone,
online and face to face

Our personalised service can support with:

- Understanding a diagnosis
- Making your home dementia friendly
- Advice on legal documents
- Help navigate social services
- Connecting with local community groups

Dementia support line is open:

Monday – Wednesday 9am-8pm, Thursday and Friday 9am-5pm, Saturday and Sunday 10am-4pm

Here for everyone affected by dementia

Get in touch today

Email: dementia.supportline@alzheimers.org.uk

Telephone 0333 150 3456

Friendly and community-based

Digital Support Drop-ins



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

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

Middleton Library
Monday
10am - 11.30am

Number One
Riverside Tuesday
10am - 12pm

Heywood Library
Tuesday
2pm - 4pm

Number One
Riverside Friday
10am - 12pm



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



ROCHDALE
BOROUGH COUNCIL

Community Activities from Your Trust



Community classes include Zumba Basic, Ballroom Dancercise, Pilates, Yoga and more!

Prices from £3.10. No membership required. Pay-as-you-go.

For further information, or to book, please contact: activ8teme@yourtrustrochdale.co.uk
or call: 01706 92 6293 / 07458 118 121

Sensory walks at Hollingworth Lake run on the second Thursday of the month, in the afternoon. Suitable for people with dementia/and or learning disabilities and the person supporting them. **Must be pre-booked by emailing:** inclusion@yourtrustrochdale.co.uk
or call: 07483 106154 for further information.



Rochdale SENDiass

*We provide confidential impartial support and advice
for parents, carers, children and young people
(up to 25 years) on issues related to
Special Educational Needs and Disability.*

*For more information on how we can support you
please get in touch, look at our webpage
or check out our Facebook.*

BARNARDOS

**Changing childhoods.
Changing lives.**

**Special Educational Needs,
Disability Information,
Advice & Support Service.**

Blue Pit Mill, Floor Suite 2, Queensway,
Castleton, Rochdale, OL11 2YW

Tel: 01706 769634

Email: Rochdale.sendiass@barnardos.org.uk

Web: www.Barnardos.org.uk/Rochdalesendiass



Facebook: Rochdale SENDiass

Facebook: GM SEND Services

Instagram: GM_Send

[Kooth.com](https://www.kooth.com) is for young people in Greater Manchester. Chat anonymously to our trained professionals about anything. Get free, safe and anonymous support. Sign up today and see what you think. There are no waiting lists, just dive straight in any day of the week, all year round.



Qwell is a free, safe, and anonymous online mental health and wellbeing support service for adults in the UK. Qwell offers a range of support options including access to qualified mental health professionals through text-based chat and messaging, self-help tools, activities, and a moderated community forum: www.qwell.io

An advertisement for Qwell. It features a person standing under a large, dark umbrella in the rain. The person is wearing a dark jacket and blue trousers. The background is a light orange color. Overlaid text includes 'Need Support This Winter? We're Here to Help.' in large black letters, followed by 'Winter can bring many challenges, but you don't have to face them alone. Qwell is here to support you.' and 'Visit Qwell for free, confidential, and non-judgemental support whenever you need it. Let's get through this winter together.' The Qwell logo, which includes a speech bubble with a face inside, is in the top left corner. Logos for 'bacp Accredited Service' and 'NHS Providing NHS services' are in the top right corner. Five speech bubbles around the person list challenges: 'Loneliness', 'Anxiety', 'Low Mood & Depression', 'Money worries', and 'Family Struggles'. The website 'www.qwell.io' is at the bottom left.

Useful Numbers

Carers' Hub Rochdale	03450 138 208
Adult Social Care Services	0300 303 8886
Adult Safeguarding Team	0300 303 8886
Children Social Care Services	0300 303 0440
Community Connectors (Adult Care)	0300 303 0360
Emergency Duty Team (In an Emergency and outside office hour including bank holidays)	0300 303 8875
Rochdale Citizens Advice Bureau Advice Line	0808 278 7803
Greater Manchester Public Transport (Disabled Travel Pass)	0161 244 1000
Blue badge (Disabled Parking Permit)	0300 303 8870
Health and Social Care Regulator (Care Quality Commission)	03000 616161
Turn2us (national charity providing information about charitable grants)	0808 802 2000
Your Trust Rochdale (Leisure and Sports)	01706 926000
Thinking Ahead (Mental health and Wellbeing Service)	01706 751180
Stroke Association – Rochdale	01706 657 269
Carers Allowance Unit	0800 731 0297
Personal Independence Payment	0800 917 2222
Attendance Allowance	0800 731 0122
Disability Living Allowance	0800 731 0122
Dementia Connect (Alzheimer's Society) Helpline	0333 150 3456
SafeNet Domestic Abuse Service	0300 3033581
School nurses (support any child and young person from 5 years until their 20th birthday who live in or attend a school in Rochdale)	0161 206 0694
Rochdale Boroughwide Housing	0800 027 7769



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work!

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

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

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group www.facebook.com/groups/2516078581760510 or call **0345 0138 208** before setting out.