

Winter Edition 2018/2019

# Newsletter

# Cheshire East

carers'  
**HUB**



**ONE  
IN EIGHT**  
people in the UK  
are Carers

## Welcome to the

# 2<sup>nd</sup>

## Cheshire East Carers' Hub Newsletter

Cheshire East Carers' Hub provides a single point of access for both young and adult Carers who provide care to a friend, family member or neighbour living in Cheshire East.

The Hub ensures that Carers of all ages have access to information, advice and a wide range of support services across the county and nationally.

[www.cheshireeastcarershub.co.uk](http://www.cheshireeastcarershub.co.uk)  
Tel: 0300 303 0208

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



Our friendly, knowledgeable team at Cheshire East Carers Hub have extensive experience working in the voluntary sector in Cheshire East and particularly in working with Carers. Joanne Priest, Bridget Robson and Jayne Shaw joined the team in October and look forward to meeting you..

## Dawn Brown

### Carers Services Lead

Dawn is the point of contact for our local partner organisations and leads on the development of our service including support groups, activities, training and events. Dawn liaises with statutory services and local groups to deliver presentations about our services to staff and volunteer teams, helping to develop successful referral pathways. Dawn also leads on the recruitment of volunteers.

Our Carers Support Workers work primarily in the local community providing information, advice and support for Carers on an individual basis at a location convenient for the individual Carer and also in a group setting at our coffee and chat groups. They attend community events and hold regular information drop in sessions whilst ensuring that Cheshire East Carers' Hub information is up to date and available in all the GP Practices in Cheshire East.

## Joanne Priest

### Senior Carers Support Worker



## Katrina Chalmers

### Carers Support Worker



## Vivienne Moore

### Carers Support Worker



## Jane Openshaw

### Carers Support Worker



## Bridget Robson

### Carers Support Worker



## Maggie Stordy

### Carers Support Worker



## Jayne Shaw

### Project Support Worker



## Jeanette Booth

### Dementia Support Worker



## Sue Kisloff

### Dementia Support Worker



Support includes-

## Carers Line

A team of knowledgeable and skilled Triage Workers are available Monday-Friday 8:00am-6:00pm to help with your enquiries, to transfer your call or to take a message for a Carers Support Worker. To talk to a Triage Worker please call **0300 303 0208**.

## Support from a dedicated Carers Support Worker

Discuss with a dedicated Carers Support Worker about how being a Carer affects you and highlight any support you may need. A Carers Support Worker can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist Carers Support Workers in fields such as dementia.

## Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence – call the Carers Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a Volunteer please call **0330 022 5448**. In the event that a volunteer is not immediately available to answer your call, please do try again.

## Volunteer with us

Cheshire East Carers' Hub has volunteer roles designed to support Carers to give back to their community. The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to Carers, 24 hours a day. It is manned entirely by Volunteers who work from the comfort of their home.

Volunteers also support our services in many other ways. If you are interested to hear more, we'd love to hear from you! Please call **0300 303 0208** or email [volunteering@cheshireeastcarershub.co.uk](mailto:volunteering@cheshireeastcarershub.co.uk)

## How to get in touch

Address:

**FREEPOST CHESHIRE EAST  
CARERS HUB**

Email: [enquiries@](mailto:enquiries@cheshireeastcarershub.co.uk)

[cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)

Website:

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

Telephone:

**0300 303 0208**

Opening times:

**Monday-Friday 8:00am-6:00pm**

## Disclaimer

Please note that whilst Cheshire East Carers' Hub does our best to print accurate information; times, dates and venues may be subject to change.

Every care has been taken in the publication of this newsletter. However, Cheshire East Carers' Hub 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.

## Note

If you would like to read any part of this newsletter in large print please call:

**0300 303 0208**

to make your request.

# coffee & chats

Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee.

If you have never been to a Coffee and Chat before don't worry! Everyone has been a 'first timer'. A friendly Carers Support Worker will be there to greet you and offer a warm introduction. There is no need to book, please just come along and look out for a group of friendly Carers.

**Please note that some Coffee & Chat dates in November and December may have changed due to venue availability and Christmas break dates.**

## Crewe

*Wishing Well, Jubilee House,  
St. Pauls Street, Crewe. CW1 2QA*

*Second Thursday of the month  
from 1.00pm until 3.00pm*

6th December, 10th January, 14th February



## Congleton

*New Life Church, West Road,  
Congleton. CW12 4EY*

*Fourth Wednesday of the month  
from 10.30am until 12.30pm*

12th December, 23rd January,  
27th February



## Holmes Chapel

*St. Lukes Church Hall,  
London Road, Holmes Chapel.  
CW11 1DP*

*Fourth Friday of the month from  
10.30am until 12.30pm*

25th January, 22nd February



## Knutsford

*Welcome Cafe, 146-147 Longridge,  
Knutsford. WA16 8PD*

*Third Friday of the month from  
10.30am until 12.30pm*

21st December, 18th January,  
15th February



## Macclesfield

*United Reformed Church Hall, Park Green  
Macclesfield. SK11 7NA.*

*Third Thursday of the month from  
10.30am until 12.30pm*

20th December, 17th January,  
21st February



## Middlewich

*Willowmere, East Road,  
Middlewich. CW10 9PY*

*Third Thursday of the month from  
10.30am until 12.30pm*

20th December, 17th January,  
21st February



## Nantwich

*Market Street Church, Market Street,  
Nantwich. CW5 5DG*

*Fourth Wednesday of the month  
from 10.30am until 12.30pm*

19th December, 23rd January,  
27th February



## Poynton

*Civic Hall, Park Lane, Poynton. SK12 1RB*

*Fourth Tuesday of the month from  
1.00pm until 3.00pm*

18th December, 22nd January,  
26th February



## Sandbach

*The Wesley Centre, Wesley Avenue,  
Sandbach. CW11 1DP*

*Second Wednesday of the month  
from 10.30am until 12.30pm*

*12th December, 9th January,  
13th February*



## NEW! Alsager (starting in January)

*Costa Coffee, Sandbach Road South, Alsager.*

*Fourth Thursday of the month  
from 1.00pm until 3.00pm*

*24th January, 28th February*



## Wilmslow

*United Reformed Church Hall,  
Chapel Lane, Wilmslow. SK9 1PR*

*Second Friday of the month from  
1.00pm until 3.00pm*

*14th December, 11th January, 8th February*



## Evening Carers Peer Support Group For Carers' of People Affected by Dementia

*Conservatory, Beechmere,  
Rolls Avenue, Crewe. CW1 3FT*

*Second Wednesday of the month  
from 7.00 pm until 9.00 pm*

*Further information telephone 0300 369 0570  
or email [cheshire@alzheimers.org.uk](mailto:cheshire@alzheimers.org.uk)*



# Dementia Cafés

Dementia Cafés are informal groups where Carers are able to meet and talk to other Carers affected by dementia in a social environment.

Dementia cafes provide information about dementia, local services and practical tips about living well with dementia.

All welcome, including the person with dementia.

## Congleton Café

*Topiary Coffee Shop, Astbury Mere  
Garden Centre, Congleton.  
CW12 4RL*

*Second Tuesday of the month from  
10.00 am until 12.00 noon*

*13th November, 11th December,  
8th January, 12th February*



## Macclesfield Café

*Springwood Park, Tytherington  
Business Park, Macclesfield.  
SK10 2XA*

*Fourth Thursday of the month from  
10.00 am until 12.00 noon*

*25th November, 24th January, 28th February*



## Minshulls Café

*Minshulls, Eardswick Lane,  
Crewe. CW1 4RG*

*Third Tuesday of the month from  
10.00 am until 12.00 noon*

*20th November, 18th December,  
15th January, 19th February*



## Sandbach Café

*Old Hall Hotel, High Street,  
Sandbach. CW11 1AL*

*First Thursday of the month from  
10.00 am until 12.00 noon*

*6th December, 3rd January, 7th February*





# Training Workshops, Events and Activities

We are offering a selection of short training workshops, special events and breaks throughout the winter months. Please note that you must be registered with Cheshire East Carers' Hub prior to applying for a place on any of the events listed below. Places are limited and are allocated on a first come first served basis.

**Booking is essential, please complete the booking form and return it to us as soon as possible.**

**SWaNS are delivering Wellbeing and Emotional Resilience sessions which are fun and informative workshops filled with activities, information and lively discussion.**

## Wellbeing Workshops

Based around improving your general well-being. Looking at healthy sleep, relaxation and positive thinking.

### Crewe

**Venue: Cheshire & Warrington Carers Trust**, Unit 1 Brierley Business Centre, Mirion Street Crewe CW1 2AZ  
Wednesday 23rd January from 6.00 pm until 8.00 pm with light refreshments

### Macclesfield

**Venue: Space 4 Autism**, The Space Centre, 15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN  
Wednesday 30th January from 10.00am until 12.00 noon with a light lunch afterwards.

## Emotional Resilience Workshops

Based around building your emotional resilience to help you cope with life's ups and downs. Helping to build inner strength and develop positive mental health.

### Crewe

**Venue: Cheshire & Warrington Carers Trust**, Unit 1 Brierley Business Centre, Mirion Street Crewe CW1 2AZ  
Wednesday 6th February from 10.00am until 12.00 noon with a light lunch afterwards

### Macclesfield

**Venue: The Bate Hall Hotel** 39 Chestergate, Macclesfield SK11 6BX  
Wednesday 13th February from 6.00pm until 8.00pm with light refreshments

## Dementia Education Workshops

These two hour specialist dementia sessions being run by The Advanced Dementia Support Team from End of Life Partnership (EoLP) are designed for family carers to learn and discuss what happens as dementia progresses and what to expect as someone reaches late stage dementia. It will include behaviour, communication tips, coping strategies and signs and symptoms of late stage dementia.

### Macclesfield

**Venue: The Heritage Centre**, Roe Street, Macclesfield. SK11 6UT  
Wednesday 5th December from 10.00 am until 12.00 noon

### Sandbach

**Venue: End of Life Partnership**, Wheelock Heath Business Court, Winterly Grange Alsager Road, Sandbach CW11 4RQ  
Thursday 10th January from 10.00 am until 12.00 noon

## Benefits Advice Workshop

With over 30 years' of knowledge, skills and experience within Adult Health and Social Care; empowering people to take control of their finances and well-being is what we do best. Cheshire Independent Agents encourage and support people to increase their income, plan for their future and to ease the pressures of money management.

Providing support with: \* ATTENDANCE ALLOWANCE, \* PERSONAL INDEPENDENCE PAYMENT (PIP), \* DISABILITY RELATED BENEFITS, \* CARERS ALLOWANCE, \* LASTING POWER OF ATTORNEY, \* FUNERAL PLANS, \* DEALING WITH THE AFFAIRS OF THE DECEASED, \* MONEY MANAGEMENT

And so much more

*"Lisa helped me claim Attendance Allowance and I will now receive over £4000 per year. I had no idea that I was entitled to this money" Carol, 73*

Come along to the benefits advice workshop and find out more about our services

### Sandbach

**Venue: Chimney House Hotel**, Congleton Road, Sandbach CW11 4ST  
Tuesday 4th December from 10.00am until 12 noon



## Christmas Party at St Barnabas

Join us for a Carers and Older Person's Christmas Party in partnership with St Barnabas Church, Lyme Avenue, Macclesfield on **Friday 7th December** from **4.00pm until 6.00pm**. Both Carers and the person they care for are welcome to attend. Please book your place using the booking form by Friday 30th November for catering purposes, there will be party food, entertainment, a raffle and bingo!

## Carers Christmas Lunch South Cheshire College

Join us for a festive, gourmet 3 course lunch at The Academy Restaurant, South Cheshire College, Danebank Avenue, Crewe on **Friday 7th December 2018 at 12.00 noon**. We have 30 places available so early booking is essential for this event.

## Caring for Your Future Friday 30th November



Having the right information  
at the right time can make  
all the difference when you're looking after someone.



Every day 6,000 people become carers but often it's not something we've planned for. This Carers Rights Day we're focusing on supporting people to prepare for the future through our theme: Caring for Your Future.

**Cheshire East Carers Hub are holding an information event for Carers Rights Day at the United Reformed Church Hall (Townley Street), Park Green, Macclesfield. SK11 7NA from 10.00am until 12.30pm.** Come and join us in the main hall for a coffee and chat, meet other carers and organisations who can give you information around the services they offer including Macclesfield College, Citizens Advice Bureau, Healthwatch and Age UK. There will be a presentation around accessing benefits by Cheshire Independent Agents in the Bollington Room at 11.00am and One You Cheshire East will be providing free blood pressure checks for Carers. There will also be a therapist offering relaxing hand massages. There's no need to book, just come along on the day.

**Cheshire East Carers' Hub will also be with Cheshire and Warrington Carers Trust, Unit 1, Brierley Business Centre, Mirion Street, Crewe CW1 2AZ on Friday 30th November from 10.00am until 12.00 noon.** Carers are invited by Cheshire and Warrington Carers Trust to enjoy some time out

and there will be a free presentation regarding Planning for the Future. Pre booking with Cheshire and Warrington Carers Trust is essential for this event, please call them on **01270 257331** or email [sharon@cheshireandwarringtoncarers.org](mailto:sharon@cheshireandwarringtoncarers.org)

## Spa Taster Day



Fancy a bit of pampering and some well deserved time to yourself? We are offering 30 mini spa breaks between our two venues, Crewe Hall Hotel and Shrigley Hall Hotel.

The day will begin at 10.00am with coffee and pastries included, Carers will have full access to the spa facilities including the swimming pool and gym between 10.00am and 2.00pm and will each receive a 25 minute pampering session of their choice from a selection of treatments available at each venue.

**Shrigley Hall**  
Tuesday 11th December.

**Crewe Hall**  
Thursday 17th January.

## Carers Choice Awards News

More than 100 local people attended our Carers Choice Awards event on 26th September with Carers voting to choose the organisations who would receive a share of the funding to provide Carers with a break. Cheshire East Carers' Hub is committed to working in partnership with local organisations and groups to extend their reach in supporting carers to fulfil their role, while maintaining Carers' own health and wellbeing.

Representatives from 13 local organisations presented their 'bid' to the audience of carers for a share of the money – explaining how they would support carers should their application be successful.

The successful organisations were:

- Central Cheshire Buddy Scheme: **£6,185**

To support young carers who have a disabled brother or sister, to give them a break as a young carer providing a support network with new opportunities, developing confidence and self-esteem. The project will allow young carers valuable 'switch off time' in a supportive environment;

- Cheshire Young Carers: **£10,000**

A programme of activities for young carers in Cheshire East during school holidays when they feel most isolated from friends and social activities due to their care responsibilities at home;

- Space 4 Autism: **£7,480**

This project will offer a programme of exciting, fun and educational social events and activities for carers that live with a family member(s) affected by an autism spectrum condition;

- Chelford Together Caring Communities Project: **£8,715**

Passionate volunteers will help deliver this project, giving £56,000 of their time. It includes a carers' wellbeing programme, musical events, befriending, awareness raising, digital inclusion and advice sessions;

- End of Life Partnership (EoLP) – Bereavement Project: **£10,000**

EoLP will work with six compassionate communities to increase support and training for people who have experienced or are experiencing bereavement;

- Cheshire and Warrington Carers Trust – Time For Me: **£9,988**

A wide range of planned and flexible events and activities including relaxation treatments for carers to enjoy across Cheshire East. Evening, weekend and daytime breaks co-produced with carers;

- Cheshire and Warrington Carers Trust – Parent Carer Project: **£9,838**

A wide range of planned and flexible events and activities, including learning opportunities for parent carers to enjoy across Cheshire East. Evening, weekend and daytime breaks recognising the specific needs of parent carers;

- Audlem and District Community Action (ADCA): **£9,360**

ADCA plans to expand the successful carers' breaks already organised in the local area, to increase the number of carers supported to more than 100 and to cover a wider geographical area;

- End of Life Partnership (EoLP) – Caring with Confidence: **£10,000**

The carers' wellbeing programme improves carer health and wellbeing locally, through practical workshops that help people to care with confidence and for as long as they feel able

- Wishing Well: **£6,434**

The 'Lift In' project aims to provide car-sharing for carers to local activities, services and appointments, with the additional outcome of connecting carers with like-minded people and social groups.



# Register for our FREE digital resources and get the help you need today.

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.



Cheshire East Carers Hub has teamed up with Carers UK to offer carers in our area a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage.

To create an account and get free access to all the products and support resources click on the link [carersdigital.org](http://carersdigital.org) and create a new account by using your free access code; DGTL2946

What's included?

- **About Me:** building resilience for carers: an e-learning resource that helps carers identify and build networks of support and promotes their self-care.
- **Jointly:** Carers UK's care co-ordination app for people sharing care (web, iOS, Android).
- **The role of good nutrition when caring for someone:** an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.
- **Looking after someone:** Carers Rights Guide: which helps carers understand their rights as a carer and where to go for financial or practical help.
- **Being Heard:** a self-advocacy guide for carers: which helps carers develop the skills to self-advocate.
- **Technology and care:** information and resources on how to access products and services that can help with care and caring.
- Our local information and support resources for carers

## Featured Organisations

There are many organisations who support Carers and the people they care for across Cheshire East, here are details of our featured organisations for this edition:

**SWaNS CIC** are a not-for-profit community interest company working in and around Cheshire East. We are passionate about improving emotional resilience and promoting positive mental health. As a Community Interest Company, we are personally invested in providing a high quality, low cost, accessible service that will benefit our community.

We are all fully qualified counsellors with a wide range of experience. We offer affordable, flexible and private counselling to any member of our community. We also facilitate a wide range of group activities including Emotional Resilience Workshops and Mental Health Awareness and will be delivering some of our workshops for Carers Hub over the next few months.

Living Well Funding can be used to access our counselling service. Please contact us by email – [admin@swanscic.org](mailto:admin@swanscic.org) for further details.

**Space4Autism** was set up by a group of parents in 2005 and we now provide help and support to over 950 families affected by autism. We offer around 85 activities per month, these include;



- Social groups catering for all age groups starting from 0 yrs.
- An ASC football club for age 9-18.
- Parent/Carer short breaks
- Yoga and Mindfulness
- Autism Movement Therapy
- Launch 3.30 - An afterschool club Monday to Thursday 3.30pm until 6.00pm
- Holiday Drop in Monday to Thursday 10.00am until 5.30pm
- Family Fun Days, Workshops, Employment Workshops, Fundraising social events, Cookery lessons, Occupational Therapy sessions and Life Coaching

Register at [www.space4autism.com](http://www.space4autism.com) to receive regular updates on activities happening at Space4Autism and beyond! Or alternatively call in and see us at 15-17 Mill Street, Macclesfield SK11 7NN and have a chat with a member of staff and we can talk through how we can help and support you.

## Who can you talk to?

If you are worried about your mental health and well-being you should talk to someone. A teacher may be able to put you in touch with counsellor, and you should go and talk to your doctor to see what they can do. There are also a range of helplines and online support that you can access if you want to talk to someone:

- **SANELINE - 0854 767 8000** - A local helpline for anyone concerned about their own mental health or that of a friend or family member, open 12 noon - 2:00am every day of the year.
- **Samaritans** - 08457 90 90 90 - Ring them for someone to talk to at any time, 7 days a week.
- **Kooth** - Free, safe and anonymous online support for young people.
- **The Mix** - A free, confidential telephone and email helpline finding you the best help whatever the problem. Provides free connections to local or national services and can text information to your mobile phone.

## Useful websites:

- **Rethink Mental Illness**  
<https://www.rethink.org/> - Rethink aims to improve the quality of life for everyone who is affected by a mental health problem. They offer information on living with mental illness and provide support in a range of ways.
- **Rethink Siblings**  
<https://www.rethink.org/careers-family-friends/brothers-and-sisters-siblings-network> - This site provides information and support for you if you have a brother or sister that has experienced, or is living with, severe mental illness.
- **YoungMinds**  
<https://youngminds.org.uk/> - YoungMinds website offers information and advice to you about mental health and emotional well-being.

## Further Support

Here are a few websites which you could have a look at for some more information and help. It would be good to look at these with one of the adults who supports you.

- [www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111 Childline provides online information for young people about all aspects of their life, and a helpline to call for support.
- [www.nhs.uk/Conditions/social-care-and-support-guide/Pages/young-careers-rights.aspx](http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/young-careers-rights.aspx) NHS information on what young carers' rights are, and information on how to get an assessment.
- [www.childrensociety.org.uk/youngcarers](http://www.childrensociety.org.uk/youngcarers)
- [www.makewaves/yctf/c/mentalhealth](http://www.makewaves/yctf/c/mentalhealth) Information on being a young carer and the Children's Society projects.
- [www.rethink.org/careers-family-friends/support-for-young-carers](http://www.rethink.org/careers-family-friends/support-for-young-carers) Information from Rethink Mental Illness to support the emotional well-being of young carers.
- [young.people@rethink.org](mailto:young.people@rethink.org) Please contact this email address if you have any further questions about this resource or an issue relating to being a young carer.



# Your own mental health and well-being is very important as a young carer

Sometimes young carers can face extra pressures and struggle to look after themselves, but it is important to take the time to look after your own well-being. There is information and help out there to make sure that you have emotional support and mental health and well-being support.

## Information and Support

Below are some tools and organisations for further information and support to help you care for yourself:



### Looking after myself:

**Young people's wellness plan**  
<https://www.childreanssociety.org.uk/sites/default/files/wellness-plan.pdf> - This booklet will help you think about and develop some useful ways of coping. It can remind you where to go when things aren't going so well and realise it is okay to ask for help or explore your caring role and what you feel is good and not so good about it.



**Young and Caring - Caring for Someone with a Mental Illness**  
[https://www.rethink.org/media/1535519/young\\_and\\_caring\\_for\\_someone\\_with\\_a\\_mental\\_illness.pdf](https://www.rethink.org/media/1535519/young_and_caring_for_someone_with_a_mental_illness.pdf) - This guide is to help make sense of caring for someone with a mental illness. Do you care for someone who has a mental illness? Is it all quite new to you? This leaflet is to help you make sense of things and to get the help you need. We have also asked other young carers about their own experiences, what helped them and, perhaps, you so that you have the mental health support you need too.



It can take time to put a plan like this together, and it might help you to do this with someone you feel is able to support you (this could be a project worker, teacher family member, friend). You can also add to, or adapt this plan at any time in the future.

- Listen to you and help you and your family to think about what would make a difference
- Give you information about the illness or disability of the person you care for
- Help you get advice and support for the person you care for

Cheshire East Young Carers' Hub helps to ensure that Young Carers between the ages of 5 and 18 years old are identified and provided with support in their caring role. Support can be provided from a dedicated Young Carers Practitioners who will:

- Help you to get in touch with other services
- Help you take a break from your caring role
- Introduce you to other Young Carers
- Help you to access support in school or college
- Help you be listened to and have your voice heard
- Talk to you about ways in which you can take a break and have some fun by supporting you to access group work and activities

## Supporting those that care



# Newsletter

Winter Edition 2018/2019

