

Summer Edition 2021

**Cheshire
East**

**carers'
HUB**

Newsletter



**ONE
IN SIX**
adults is now
providing unpaid care



**Welcome
to
the 9th**

**Cheshire East
Carers' Hub
Newsletter**

www.cheshireeastcarershub.co.uk
Tel: 0300 303 0208



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.

Cheshire East
carers' HUB

Cheshire East YOUNG
carers' HUB



Welcome to the Summer Edition of the Cheshire East Carers' Hub Newsletter

We hope this newsletter finds you safe and well and that you have managed to battle through the most recent lockdown and are now looking forward to the summer months with hopefully more freedom to be out and about if you can. As usual, we have included a lot of information which we hope is helpful to you.

We are now at a point where we feel we can start to re-introduce our community-based offer, though in a controlled and safe way. If the COVID recovery plan keeps on track, we will be adding more opportunities for you as time progresses, please keep an eye on our social media pages and website for further information or call our Service Access Team. In the meantime, if you wish to come along, please book in advance so that we can be sure that the opportunities are safe and well controlled.

We are also offering a host of zoom activities and we do hope you will be able to join us for some of them. If you haven't used zoom before, go to <https://zoom.us/meetings> to register or just copy and paste the meeting link provided under each activity into your browser. Activities are held on a weekly, fortnightly or monthly basis and include some evening sessions. We've got everything from Coffee and Chats to Carers sing alongs, quizzes and relaxation sessions for you to enjoy and meet other Carers.

We are here to support you and can be contacted through our Service Team on **0300 303 0208** or by email to enquiries@cheshireeastcarershub.co.uk. Please let us know if you change your postal or email address or no longer wish to receive a newsletter so we can update your details.

Best wishes, stay safe and we hope to see you very soon!
Cheshire East Carers' Hub Team x



Support for Adult Carers Includes

Carers Line

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call to, or to take a message for a Carers Assessment and Support Officer. To talk to a Service Access Advisor please call: **0300 303 0208**



Support from a dedicated Carers Assessment and Support Officer

Discuss with a dedicated Carers Assessment and Support Officer about how being a Carer affects you and highlight any support you may need. We 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 staff 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.

Carers Community Network Platform

This is a virtual community where you can meet other Carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing.

It only takes a minute to sign up then you can head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 900 active members who are looking forward to connecting with you!

*Please be aware, that to access the Carers Community Network Platform, you will need to contact the Service Access Team on **0300 303 0208** who will be happy to support you with this. You will just need to provide them with your name and email address.

Social Media



Facebook

Please have a look at and “like” and “follow” our Facebook page [@cheshireeastcarers](#). From there you can find out more about our groups for both Adult and Young Carers. They are both closed groups for Carers in Cheshire East. We will keep you updated with activities and events across the county and will also ensure that any changes or news is posted here. To join, just search “Cheshire East Carers Hub” or “Cheshire East Young Carers Hub”



Twitter

Follow us: [@_n-compass](#)



The Volunteer Hub

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. 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



Contact Us Today

How to Get in Touch

Address: **FREEPOST CHESHIRE EAST CARERS’ HUB**

Email: enquiries@cheshireeastcarershub.co.uk

Website: www.cheshireeastcarershub.co.uk

Telephone: **0300 303 0208**

Opening times: **Monday – Friday 9.00am-5:00pm**

If you would like to read any part of this newsletter in large print, please call: **0300 303 0208** to make your request.

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.

The Cheshire East Carers' Hub Team

Our friendly, knowledgeable team at Cheshire East Carers Hub have extensive experience working in the voluntary sector in Cheshire East and particularly working with Carers.

Since our last edition, Viv Moore has retired and whilst we miss her very much we hope she enjoys her retirement and thank her so much for all her support over the years. Jayne Shaw has expanded her Project Officer role within the team to be a Carers Assessment and Review Officer working in the adult Carers Team.



Dawn Brown
Service Manager

Dawn is the point of contact for our local partner organisations and leads on developing our services. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways.



Joanne Priest
Team Leader

Jo looks after the operational day to day functions of Cheshire East Carers Hub and ensures that Carers receive the support they need from a dedicated Assessment and Support Officer. Jo also leads on the recruitment and induction of volunteers and development in this area of our service.

Assessment and Support Officers provide information, advice and support for Carers on an individual basis so that Carers in Cheshire East are well supported in their caring roles and connected to the help they need. They also work in group settings, facilitate our zoom events and attend local network meetings. They ensure that Cheshire East Carers' Hub information is up to date and available in community settings.



Katrina Chalmers
Carers Assessment and Support Officer



Hannah Cross
Carers Assessment and Support Officer



Helen Hassall
Carers Assessment and Support Officer



Dawn Nesbitt
Carers Assessment and Support Officer



Jane Openshaw
Carers Assessment and Support Officer



Bridget Robson
Carers Assessment and Support Officer



Jayne Shaw
Carers Assessment and Review Officer



Joanne Foster
Dementia Support Worker



Sue Kisloff
Dementia Support Worker

Dementia Support Workers, Joanne and Sue provide Carers, who care for a person living with dementia, with personalised information, advice and guidance. This includes supporting them to understand the disease, access services, receive peer support and helping to identify coping strategies to support them in their role as Carer.



Regular Zoom Activities for Carers

Our zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other Carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply click the links on each of the meetings to join in.

Weekly Sessions

Evening Coffee and Chat

Every Tuesday 7.00pm-8.00pm

Zoom Link: <https://zoom.us/j/95950538168?pwd=WIUvdmJR1lYm2ExUE5XN1VLRzdjUT09>
Meeting ID: 959 5053 8168 Password: 559497

Carer's Sing Along

Every Wednesday 1.00pm-2.00pm (no session 2nd June)

Zoom Link: <https://zoom.us/j/97216826373?pwd=dDNjUzQ5aUQ0b1YreU9EbXU0dngzQT09>
Meeting ID: 972 1682 6373 Password: 273920

General Knowledge Quiz

Every Wednesday 7.30pm

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpwdz09>
Meeting ID: 922 4867 7156 Password: 269978

Fortnightly and Monthly Sessions

Meditation & Relaxation

Fortnightly Tuesdays 10.30am

25th May / 8th June / 22nd June / 6th July / 20th July

Join us for an hour of relaxation and meditation. A time of reflection and peace for yourself.

Zoom Link: <https://zoom.us/j/92279005754?pwd=NIhRSGJHcE0zb1NvcjNXanBIYXRnQT09>
Meeting ID: 922 7900 5754 Password: 602377

Frank's Walk a Mile Club

Fortnightly Tuesdays 1.30pm-2.15pm

1st June / 15th June / 29th June / 13th July / 27th July / 10th August / 24th August / 7th Sept / 21st Sept

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank.

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNzZ09>
Meeting ID: 939 4650 6425 Password: 513539

Male Carers Group

Fortnightly on Wednesdays 2.30pm-4.00pm

2nd June / 16th June / 30th June / 14th July / 28th July / 11th August / 25th August / 8th Sept / 22nd Sept

Zoom Link: <https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhoZz09>
Meeting ID: 925 7085 2288 Password: 150398

BME Carers Coffee and Chat

Fortnightly on Thursdays – 12.00-1.00pm

27th May / 10th June / 24th June / 8th July / 22nd July / 5th August / 19th August / 2nd Sept / 16th Sept / 30th Sept

Zoom Link: <https://zoom.us/j/94348505063?pwd=VDBkRC9mUWVIMGtEWnR2eEhJTXE0Zz09>
Meeting ID: 943 4850 5063 Password: 010799

Parent Carer Chat

Last Thursday of Every Month 1.00-2.00pm

27th May / 24th June

Zoom Link: <https://zoom.us/j/98083508526?pwd=Uk80cmRtYU9oSXJPN3FWb09mK3JHQT09>

Meeting ID: 980 8350 8526

Password: 824240

News and Information

Carers Choice for Organisations

We are delighted to announce that we will be offering Carers Choice opportunities again this year to organisations and community groups in Cheshire East. The disbursements of these grants allows Cheshire East Carers' Hub to work with other organisations and enhance their ability to provide Adult or Young Carers living in Cheshire East with a wide choice of breaks from their caring roles.

Applications opened in April and the closing date for organisations to submit their projects to us is 28th May 2021. If you are an adult or Young Carer registered with Cheshire East Carers' Hub you will be sent a brochure and a voting form by post in June, giving you the opportunity to vote for the projects that you would like to be funded. Details on how and when to vote will be provided with the brochure. Please have a look at the proposed projects and remember to cast your votes to support your favourite projects.

N-Compass Charity of the Year – Ruby's Fund

Cheshire East Carers' Hub Team were thrilled when we nominated Ruby's Fund in Congleton to be our N-Compass Charity of the year and they were selected from a host of staff nominations across the North of England! This meant that our wider team of N-Compass colleagues spanning areas in Lancashire, Greater Manchester, Merseyside and Cumbria, as well as Cheshire, would be helping to fundraise for Ruby's Fund.

Covid has of course made fundraising extra challenging this year but there have been some amazing innovative ideas which have included cycling from Cheshire East to Head Office in Preston and back (virtually, on an exercise bike), well done Cara that's over 100 miles! A virtual balloon race from Rochdale, Kayaking (our CEO Teresa Jennings), raffles and walks to name but a few. These activities raised £3650 for Ruby's Fund to continue with their Parent Carer Befriending Project.



7 – 13 June 2021

Carers Week 2021

About Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities and highlight the vital role carers play in our communities, drawing attention to just how important caring is.

Carers Week 2021

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. During Carers Week, we're coming together to help Make Caring Visible and Valued.

With more than 6.5 million people in the UK currently caring unpaid for a family member or friend who is older, disabled or seriously ill, caring will affect all of us at some point in our lives.

Yet many people don't identify themselves as Carers – they simply see themselves as spouses, parents, children or friends, meaning that many carers across the UK aren't connected to vital information and support that can help them with caring. Looking after someone can be a hugely rewarding experience, but it comes with difficulties and challenges.

Carers Week raises awareness of the incredible contribution that carers make to families and communities across the UK. All of us have a part to play in ensuring that we shine a light on the carers in our community and their needs Carers week (2021).

For more information about Carers Week or to get involved and add your voice to help make Caring Visible and Valued visit carersweek.org



Let's catch up!

Many Carers have told us that they have missed meeting with other Carers and would like to do so again when it's safe. We have therefore re-introduced the following opportunities during Carers Week and the summer months, please come and join us for a catch up and a coffee.

Goostrey

Tuesday 8th June 2021 - 10.00am until 11.30am

The Tea Room, Goostrey Home & Leisure, Goostrey Lane, Holmes Chapel, CW4 8HE

Macclesfield

Wednesday 9th June 2021 - 10.00am until 11.30am

Fairways Garden Centre, Bullocks Lane, Sutton, Macclesfield. SK11 0HE

Crewe

Thursday 10th June 2021 - 10.00am until 11.30am

Minshulls, Eardswick Lane, Crewe. CW1 4RQ

Middlewich

Wednesday 30th June 2021 - 10.00am until 11.30am

Ginger and Pickles Tea Room, Lowe's Farm Shop, Shanty Farm, Moss Lane, Byley, Middlewich, Cheshire, CW10 9NG

Alsager

Tuesday 6th July 2021 - 10.00am until 11.30am

Costa Coffee 60-60A, Sandbach Road South, Alsager ST7 2LP

Congleton

Thursday 15th July - 10.00am until 11.30am

Glebe Farm, Peel Lane, Astbury, Congleton. CW12 4RQ

Sandbach

Wednesday 21st July - 10.00am until 11.30am

Miola, Lodge Road, Sandbach CW11 3HD

If you would like to attend, places must be booked in advance and will be limited. We need to ensure we are adhering to Covid-19 guidelines (if applicable) and be able to get in touch with you if arrangements need to change.

Please email enquiries@cheshireeastcarershub.co.uk or call our Service Access team on **0300 303 0208** to secure your place.

Crafty Mornings with Macclesfield Arts Space

These workshops are a taster of the different arts and crafts activities that you can try at Art Space. We have a textiles room where you can do sewing, dressmaking, knitting and crochet. There's a 'messy' area for painting, gluing and printmaking and a wood working area with hand- and power-tools. Reassuringly there's also a chilling-out area for a brew and a chat. Our volunteers can help you on the day if you want to make something in particular or if you just want to try things out and see what happens. No special skills or experience needed – just a willingness to have a go and enjoy some time out.

Macclesfield

Monday 9th August - 10.00am until 1.00pm

Monday 13th September - 10.00am until 1.00pm

Macclesfield Arts Space, 2nd Floor, Sutton Mill, Heapy Street, Macclesfield. SK11 7JB

Places are limited, booking is essential



My Sunshine Pack

We are thrilled to be able to share with you details of "My Sunshine Pack" – a selection of activities, easy reads and ideas put together by our volunteers for you to enjoy in your own time in the comfort of your own home.

It is available to download from our web page (please scroll down to the last file in our "Service Resources" <https://www.n-compass.org.uk/our-services/carers/cheshire-east-carers-hub>). If you don't have digital access and would like to receive a hard copy, please contact our Service Access Team with your request.

We plan to put together regular My Sunshine Packs and include a wide variety of activities each time. We have designed our activities with Carers in mind who are unable to access our online support groups and activities at this time, but still keep connected and involved with what we are doing!

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing admin@n-compass.org.uk or calling **03450 138208**. Enjoy!

My Sunshine Pack Team

Cheshire East Carers Forum

Carers of all ages play a very significant and important role within the communities of Cheshire East and estimates indicate that in Cheshire East, there are approximately 42,000 Carers.

There are many definitions to describe Carers and the caring role. Carers Trust defines a Carer as "anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support" (Carers Trust: <http://www.carers.org/role-carer>)

Under the Children and Families Act 2014, a Young Carer is defined as:

A person under 18 who provides, or intends to provide, care for another person. The concept of 'care' includes practical or emotional support, and 'another person' means anyone within the same family, be they adult or child

Young Adult Carers are young people aged between 16 and 25 who are caring for another child or young person, or an adult.

Carers UK: <https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/young-carers-and-carers-of-children-under-18>)

Our coproduction guide sets out how we will work together as equal partners to improve, develop and deliver services towards a common goal for all of our children, young people, families and adults. Our guide has been coproduced together with children, young people, families and adults living in Cheshire East.

TOGETHER guide: <https://www.cheshireeast.gov.uk/livewell/local-offer-for-children-with-sen-and-disabilities/send-developments/together-in-cheshire-east/together-in-cheshire-east.aspx>

The Cheshire East Carers Forum aims to be a voice to inform service providers of the needs of carers and their families

With the delivery of health and social care services focussing on how they achieve integrated ways of delivering services, it is more important than ever to have a clear offer and vision for carers' services, which builds on the aspirations and statutory framework of The Care Act (2014) and Under Children and families Act 2014.

The Cheshire East Carers Forum will facilitate two-way communication between carers and services used by all carers and their families in Cheshire East. The forum will work to provide feedback on services, offer constructive challenge to current services and input into decision making and planning for future service provision.

By working co-operatively and collaboratively with local service providers carers can contribute to improvements in the services delivered for Carers

- Through regular communication with carers ensuring they can decide whether to be involved in a piece of work/consultation.
- Ensuring a diverse forum membership and representation of diverse views from carers from all backgrounds and sectors of the community.
- Promoting a reputation and image of the Cheshire East Carers Forum which reflects its aims and values.

By establishing a Cheshire East Carers Forum it will help facilitate health and social care commissioners to work in partnership with Carers to develop and evaluate innovative new ways in supporting Carers and their cared for.

If you are interested in being part of the Cheshire East Carers Forum, please contact Jill Stenton – Senior Commissioning Manager jill.stenton@cheshireeast.gov.uk



Veterans Railcard

1/3 off most rail fares!

The new Veterans Railcard is now on sale supporting UK Veterans and their families with savings on rail travel.

If you have served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or have been a Merchant Mariner who has seen duty on legally defined military operations, you may be eligible.

The Veterans Railcard is £30 per year or a 3-year Railcard is also available for £70

Like our other Railcards, the Veterans Railcard offers savings of 1/3 on rail travel, whether you are visiting family and friends or simply enjoying a day out. You can also nominate a companion to get 1/3 off when travelling with you and up to 4 children travelling with you get 60% off.

To find out more visit: www.veterans-railcard.co.uk



Free PPE for Carers

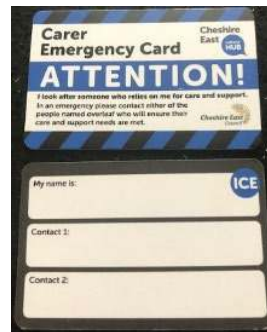
Carers have played an invaluable role absorbing and reducing strain on the NHS and providing support for those they care for. The Department of Health and Social Care (DHSC) have extended nationally an offer of free PPE for Covid-19 needs. If you are providing personal care to someone and you'd like to request PPE packs, please contact Cheshire East Carers' Hub on 0300 303 0208.



Carer Emergency Card

Having a contingency plan in place can help to provide peace of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Cheshire East Carers' Hub have introduced a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place.

Please be aware that care will not be provided by Cheshire East Carers' Hub or any external services. The card is to help identify you as a Carer and ensure that there are contact details for a nominated person to support the person you care for in the event that you are unable to do so. If you would like to receive a card and a template support plan, please call our Service Access Team on 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk



Get the help you need today with our Digital Resource 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.

Cheshire East Carers' Hub has teamed up with Carers UK to offer Carers 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. The resource has lots of features including money advice, self-care, nutrition, Carers Rights, technology and a self-advocacy guide. Sign-up today!

To get **free access** to all the products and support resources visit: carersdigital.org and use our free access code; **DGTL2946**. The resource has lots of features including those listed.





Featured Organisations

At Cheshire East Carers' Hub, we work with lots of fantastic organisations both across the county and nationally who have some great services and offers for Carers. We hope you will find their information and contact details useful.

SWaNS Supporting wellbeing and nurturing strength

SWaNS CIC deliver one to one counselling and emotional education workshops to children, young people and adults helping them to manage and improve their emotional health.

Our aim is to make our support as affordable and easily accessible as possible reaching as many people in our community as we can.

We have previously been able to offer free and low-cost counselling to our community by accessing available funding and even without funding we continue to support all of our community by keeping our costs as low as possible and our service accessible to those who may otherwise be unable to attend counselling or groups.

Before the pandemic we were able to use local community hubs and partner agency venues to deliver our services in person. As a consequence of Covid-19 and following government guidance we quickly adapted the delivery of our services and we now offer remote support, telephone and video counselling and workshops.

We have now been working across Cheshire East for almost 5 years and were recently able to access funding that has helped us to rebrand SWaNS to increase our profile across the area in order to reach as many people as possible.

For more information about our services please take a look at our website: www.swanscic.org or email us at swans-cic@outlook.com



The Wishing Well

At the Wishing Well it is our belief that everyone should have the opportunity to improve their health and wellbeing no matter their age, background and beliefs. Our focus is to understand the person, their circumstances and try to improve or remove any issues or barriers. Wishing Well offers support to the most vulnerable members of our community.

To achieve our mission, we have set out 5 key aims,

1. Improve the health and wellbeing of our community
2. Reduce Health inequalities
3. Provide opportunities for people to live well and for longer
4. Remove barriers to participation in health and wellbeing activities
5. Reach out to support those most vulnerable.

Unfortunately, due to covid we currently don't have all our services running, but we do offer a wide range of support, these include:

Our outside catering in which we provide a wide range of catering opportunities at our Wishing Well Bistro. These range from sweet Afternoon Teas, savoury Afternoon Teas, Platters or a selection of different buffet options to suit your needs and price range. Delivery available to Crewe, Nantwich, Wistaston, Willaston, Shavington, Haslington, Weston, Alsager, Sandbach and Middlewich

Please contact our Bistro Team on **01270 536564**
Or via Facebook on [@PickmereBistro1](https://www.facebook.com/PickmereBistro1)



Tide is an involvement network for carers & former carers of people living with dementia. We help to build skills, knowledge & confidence so that carers can speak up & influence change in society.

- Become a member of Tide by signing up here: www.tide.uk.net
- Join our private peer support group on Facebook: [Facebook Group](#)
- Follow us on [Facebook](#) & [Twitter](#)
- Share your experiences
- Get involved in projects that influence policy, research, & practice

Merseyside/Cheshire Virtual Meet-Up

Every Thursday, 12.00 noon - 1.00pm

All carers & former carers of people living with dementia are welcome to come along to this local virtual meet-up - for peer support, discussion, advice & ideas. You can register on the link below & a zoom link will be automatically sent to you.

Zoom Link: <https://zoom.us/meeting/register/tJArd-6grz4uHdEurLwW2rluV1brSk4IIDDX>

National Coffee Morning

Every Wednesday, 10.30am - 11.30am

A chance to meet up with Tide carers from across the 4 nations. After registering, you will receive a confirmation email containing information about joining the meeting.

Zoom Link: <https://zoom.us/meeting/register/tJMrceqtqD8vGtYgEleXm67j2VvoZ5egJJoB>

Specific Carer Groups

Carers of People living with Young Onset Dementia

1st Tuesday of the month, 7.00pm - 8.00 pm

Zoom Link: <https://zoom.us/meeting/register/tJlkdemvpjlrHdz5mE6CG8scvZBiG4hGfJN7>

Carers of People living in Residential Care

2nd Tuesday of the month, 1.30pm - 2.30pm

Zoom Link: <https://zoom.us/meeting/register/tJARfu6vqDljHNETNGv-36FGIuiFhEowW1p>

Former Carers

Last Wednesday of the month, 4.00pm - 5.00pm

Zoom Link: https://zoom.us/meeting/register/tJMucemvqTksHN0nkdvqrq_qYaVbks4eME8Rr

Home Carers

2nd Wednesday of the month, 7.00pm - 8.00pm

Zoom Link: <https://zoom.us/meeting/register/tJApcOyqrDkiEtfGZXBczlezORxr9KffEv2r>

Carers of People Living with a Rare Dementia

3rd Wednesday of the month, 2.30pm - 3.30pm

Zoom Link: <https://zoom.us/meeting/register/tJ0lceupjMpGNGAcngXWDMuZ6EcEU-iQjV>

Living Grief & Bereavement Group

4th Monday of the month, 1.00pm - 2.00pm

This group is for those who have already attended a Living Grief & Bereavement session.

Zoom Link: <https://zoom.us/meeting/register/tJYkdemtqDsrE9QnHjGdnOVeb8Jvoq7Cr6sT>

The Practical Carer

1st Wednesday of the month, 3.00pm - 4.00pm

In partnership with Pooja Jain from CogniHealth, these sessions look at various practical aspects of caring, such as sleep & communication, & give the opportunity for live product testing & a focus on strategies.

Zoom Link: https://zoom.us/meeting/register/tJEqf--trzoiHdS6_4DSAsf72FVhbeRiQwgq

Workshop Sessions March - April 2021

Welcome to Tide

Tuesday 1st June: 2:00pm - 3:00pm

An overview of Tide's work & the variety of opportunities available.

Zoom Link: https://zoom.us/meeting/register/tJwkdOmorjgtGdY3tPbWPZn_XupkfrtB1KkT

You Can't Pour from an Empty Cup

Saturday 5th June: 3:00pm - 4.30pm

Take time to look at your own emotional wellbeing, understand your triggers, & find key practical skills to use.

Zoom Link: https://zoom.us/meeting/register/tJUkcO6sqzozjH9SadTqAW8hxaITvjb_fYwuN

Getting Your Point Across

Wednesday 26th May: 5:00pm – 6.30pm

Strategies, tips & hints to help you prepare for tricky conversations & get your point across effectively.

Zoom Link: <https://zoom.us/meeting/register/tJArcumhbj4sGd1MJHbpbkQ7-2MQnW4SSw8s8>

Living Grief

Wednesday 2nd June: 7:00pm - 8.30pm

When caring for someone living with dementia, loss is not only felt at the end of life. This session acknowledges & gives you the opportunity to talk about the grief & loss felt while caring for someone living with dementia.

Zoom Link: https://zoom.us/meeting/register/tJlrceivpj4tHtwuoPAVp5qigAY6qCwkGOH_

**If you are interested in getting involved
or have any questions, please contact:**

Sarah Butler-Boycott
Carer Involvement Lead
(Merseyside & Cheshire)

Tide - Together in Dementia Everyday
Email: SarahBB@tide.uk.net
Phone: 07704 168867





Active Waterways Cheshire

Aged over 55?

A **free** 12-week programme (1 hour / week) to get you up and about, enjoy the beauty of the canals and rivers on your doorstep and learn about your local area.

- All routes are easily accessible (walking aid / wheelchair friendly)
- Suitable for anyone finding it difficult to get out
- Carers / friends are welcome

NANTWICH & MACCLESFIELD

August - October 2021

Register now on our webpage



@CanalRiverTrust

/canalrivertrust

Charity No. 1146792

For more information please call 07990 612700 or visit canalrivertrust.org.uk/activewaterways

Useful Numbers and Links

Cheshire East Carers' Hub

(Monday to Friday 9:00am until 5.00pm)

Call: 0300 303 0208

Visit: www.cheshireeastcarershub.co.uk

Carers UK Advice Line

Call: 0808 808 7777

Visit: www.carersuk.org

Dementia Helpline

(Supported by Dementia UK)

Call: 0800 888 6678

Carers Help and Talk (CHAT) Line

Call: 0330 022 5448

Cheshire East Adult Social Care

(Office hours)

Call: 0300 123 5010

Alzheimer's Society National

Dementia Helpline

Call: 0300 22 11 22

Cheshire East Adult Social Care

(Emergency out of hours duty team number)

Call: 0300 123 5022

NHS Service for non-emergencies

Call: 111

Cheshire East Children's Social Care

(ChECS)

Call: 0300 123 5012

NHS Carers Direct Helpline

Call: 0300 123 1053



Carers Awareness Briefings

Does your work team come into contact with unpaid Carers or do you have any Carers in your staff team? If so, Cheshire East Carers' Hub offers Carer Awareness Briefings. This session can currently be delivered via ZOOM or Microsoft Teams and takes around 30 minutes.

The session will:

- Help you to identify Carers
- Help you understand the needs of Carers
- Understand how important a Carers health and wellbeing is
- Increase your knowledge of what support is available for Carers from Cheshire East Carers Hub and other organisations who support Carers
- Inform how you can refer Carers to Cheshire East Carers' Hub

For further information, or to book a briefing session:

Please call: 0300 303 0208

or email: enquiries@cheshireeastcarershub.co.uk



9 Newsletter



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 Practitioner who will;

- 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

Supporting those that care

- 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

Welcome...

We hope this Newsletter finds you all safe and well. We are so pleased that you are able to be back at school or college and hope things are going well for you. If you are experiencing any difficulties, please let us know and we will look to finding you the right support.

We have been very excited to welcome some of you back at our first outside meet up and hope to see many more of you soon. Due to Coronavirus restrictions we are unfortunately unable to pick up & drop off in staff cars so we therefore ask, if you are able, to make your own way there & back with parental/guardian supervision unless it is age appropriate and you can do this safely alone. The activities are COVID safe and risk assessments will have been completed for the safety of all of us. Initially we are starting off with new introductions, catch ups and games and we will then go forward with suggestions and ideas of what you would like to do in future sessions. If you haven't already, please join our private Facebook group for regular updates on our service and links to other useful services, Cheshire East Carers Hub – Young Carers.

We continue to see some of you at school, or on walks in your local area and we will of course also continue to check in with a number of you through phone calls, texts, emails, and video call. If you are struggling with your caring role at this time and would like to talk to one of us, please contact us by whichever means is easiest for you. We hope you can get involved in some of the activities listed in this newsletter and as always, we are here if you need any support from us.

Best wishes,
Cara and Sally



Cara Fullelove
Senior Young Carers
Practitioner



Sally Newton
Young Carers Practitioner

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 Practitioner who will

- 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
- 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



What we've been up to



Zoom Activities

We would like to congratulate our Film project group who met on Zoom every Thursday of the first term to make their very own film, from scratch, all on Zoom! They chose the topic Care, for each other, the planet, animals and themselves. They came up with every image, word and idea and the finished result is absolutely amazing. They finished the term with a film premier and invited family and friends to watch the film, whilst enjoying popcorn.

Sally ran an amazing Cheerleading session on Zoom, we learnt a great cheer to shake our poms to:

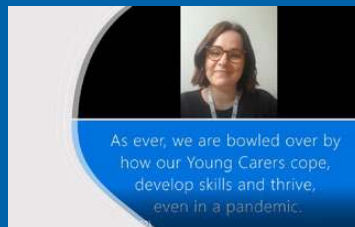
**"We're back, we're better, let's make this clear.
Nothing can stop us, this is our year.
The carers are here. we have no fear,
caring and helping, always near!"**

We had a lovely session with our Easter craft kits making some fantastic cards and gifts for our friends and family and the boys got together for gaming night where they discussed all things gaming.

Easter Holiday Congleton Park Meet Up

During the Easter Holidays we met with some of you at Congleton Park for our first meeting together in a year! We were so excited to see each other we couldn't stop smiling and giggling. We had a great time exploring the park and playing games with our extremely large parachute and sports equipment. We hope to see many more of you at our upcoming events.

Young Carers Action Day on 16th March this year had a theme of Protecting Young Carers Futures Some of our Young Carers entered an Arts and Crafts competition and a crafts, music and mindfulness Zoom session ran by Cheshire and Warrington Carers Trust. We presented at their information session and shared our new film highlighting the achievements of our Young Carers and the work we do with them.



Zoom Events and Activities

Here are the dates for our events taking place on Zoom and in person during the summer term. Please be aware all these events require booking in advance, please contact us for a registration form.



Summer Term on Zoom



We aim to improve Young carers ability to cope with their caring role through developing skills, knowledge, wellbeing and confidence within fun online sessions. Join us on alternate at 5-6pm in a series of taster sessions on Zoom. Return the attached registration & consent form to book* For most of the sessions we will split into age group unless an age is specified.

After the Zoom we will be offering 'stay on to chat' after the session at 6pm for any Young Carer who would like to catch up with a practitioner

Monday 26 th April	Games: Play some games with us after your first week back at school!
Monday 10 th May	Pamper Session (Aged 10+): Take some time out to treat yourself with a bit of luxury self care!
Monday 24 th May	Lego Craft: Use Lego in a way you never have before in this creative activity!
Monday 7 th June	Carers Week: We will send you a pack to come and celebrate being a Young Carer!
Monday 21 st June	You review: A chance to share your favorite things with your friends and review them in a Youtube style.
Monday 5 th July	Making friends: Get to know other Young Carers better in this fun session.
Monday 19 th July	Get into Science (Aged 8+): Join us as we become mini scientists for an hour!

*If you have taken part in our Zoom sessions before you will only be required to message us which sessions you would like to take part in.



Let's Get Moving!



In the Summer term we are inviting you to join us in the park to try lots of different games and skills, all aimed at getting us moving!

For Young Carers aged 6+ Wednesdays 4.30pm – 6pm alternating between: Queen's Park Crewe, Congleton Park, The Carrs Park Wilmslow and West Park Macclesfield.

Dates: Wednesday 28th April, Wednesday 5th May, Wednesday 12th May, Wednesday 19th May, Wednesday 26th May. BREAK for HALF TERM

Wednesday 9th June, Wednesday 16th June, Wednesday 23rd June, Wednesday 30th June, Wednesday 7th July, Wednesday 14th July, Wednesday 21st July.

Walk and Talks

With the Summer months and sunnier (fingers crossed!) weather coming up, our Young Carers Practitioners are offering Walk and Talk sessions. This is an opportunity to go on a walk and have a chat with one of our Practitioners at the same time. This can be around your local area or in a park close by. Contact us for more information and to arrange a Walk and Talk session.



7 - 13 June 2021

Services and News for Young Carers

Carers Week 2021

Below are some local services

Just Drop In



Among their many services Just Drop in offer a free counselling service for children and young people aged 12-24 who live in Macclesfield, Poynton, Wilmslow, Handforth, Knutsford and the villages in-between. This services is for young people who are experiencing early or moderate difficulties. Due to COVID restrictions they are offering limited face to face counselling at this time and most appointments are on the telephone. They are currently undertaking a pilot to work with a small number of children aged 8-12, please contact them for more information.

www.justdropin.co.uk

Ruby's Fund

Ruby's Fund Siblings Club is for siblings of SEND children. The siblings aged 5 to 15 years can attend without their parent carer. Siblings club is an opportunity for the children to have time dedicated to them and an opportunity to make new friends with children sharing similar experiences.

www.rubysfund.co.uk



Cheshire Buddies



Central Cheshire Buddy Scheme (CCBS) is a voluntary organisation that support children and young people with disabilities, their families and their siblings through activity clubs, holiday clubs and residential breaks.

www.cheshirebuddies.co.uk

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

So during Carers Week, we're coming together to help Make Caring Visible and Valued.

We will be holding an event on Zoom on Monday 7th June and a park event on Wednesday 9th June where we will be celebrating our amazing Young Carers.

