

Spring & Summer Edition 2022

**Cheshire
East**

**carers'
HUB**

Newsletter



**Welcome
to the 11th**

**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 Spring/Summer Edition of the Cheshire East Carers' Hub Newsletter

We hope this newsletter finds you safe and well. As usual, we have included a lot of information which we hope is helpful to you.

We are continuing to offer our monthly coffee and chat sessions across the borough along with other activities, please keep an eye on our social media pages and website for any updates and further information or call our Service Access Team. In the meantime, if you wish to come along to an activity, please book in advance so that we can be sure that we are able to contact you should any arrangements need to change and to ensure we know how many spaces to book where applicable. Please don't attend a session if you feel unwell.

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, please 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 weekly or fortnightly and include some evening and one-off sessions. We've got everything from Coffee and Chats to gentle exercise and quizzes for you to enjoy and meet other carers.

We are here to support you and can be contacted through our Service Access 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 our newsletter so we can update your details.

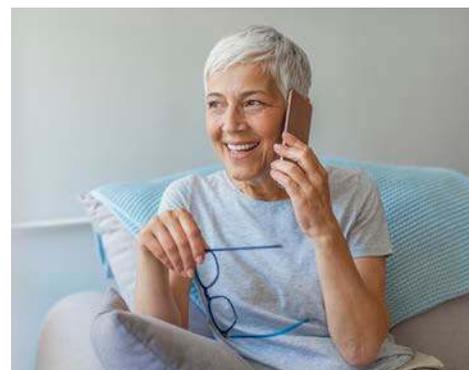
Best wishes, stay safe and we hope to see you very soon!
Cheshire East Carers' Hub Team x



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, 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 our 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 and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 1500 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 to 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 with carers in Cheshire East.

We have welcomed Gill Robinson, Debra Watling and Rachel Geary to the team since our last newsletter. They are all working as part of the adults team as Assessment and Support Officers.



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 adult 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.



Cara Fullelove
Young Carers Team Leader

In addition to providing direct support to young carers, Cara supports the Young Carers Team, and manages their daily workflow. She also works with schools and a variety of social care and health professionals to raise the awareness of young carers and the support that is available to them.

Assessment and Support Officers provide information, advice and support for adult 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
Assessment and Support Officer



Rachel Geary
Assessment and Support Officer



Helen Hassall
Assessment and Support Officer



Bridget Robson
Assessment and Support Officer



Gill Robinson
Assessment and Support Officer



Jayne Shaw
Assessment and Review Officer



Debra Watling
Assessment and Support Officer

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.



Joanne Foster
Dementia Support Worker



Sue Kisloff
Dementia Support Worker

Young Carers Practitioners provide information and support to improve the health, well-being and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, person-centred support. They provide and support young carers to access services, peer support and respite to reduce the impact of their caring role.



Jen Webber
Young Carers Practitioner



Megan Graves
Young Carers Practitioner



Zoom Activities



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

Morning Quiz

Every Tuesday 11.00am to 12.30pm

Zoom Link: <https://zoom.us/j/94919752910?pwd=OVY5L2VzamovcXRzcGxTVdVoRExmQT09>

Meeting ID: 949 1975 2910

Password: 544401

Evening Coffee and Chat

Every Tuesday 7.00pm to 8.00pm

Zoom Link: <https://zoom.us/j/95950538168?pwd=WIUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: 959 5053 8168

Password: 559497

Distance Reiki

Every Wednesday 2.00pm to 3.00pm (No session 25th May)

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0IQOE5yNWMxWnMwZz09>

Meeting ID: 813 5194 3140

Password: 940735

Seasonal Flow Yoga

Every Wednesday 6.15pm to 7.30pm

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcnp1Ky82Zz09>

Meeting ID: 892 6497 0582

Password: 030426

General Knowledge Quiz

Every Wednesday from 7.30pm

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpudz09>

Meeting ID: 922 4867 7156

Password: 269978

Yoga Nidra

Every Thursday 7.00pm (Some dates may be subject to change)

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>

Meeting ID: 870 8007 6510

Password: 455916

Fortnightly Sessions

Frank's Walk a Mile Club

Fortnightly Tuesdays 1.30pm to 2.15pm

5th April, 19th April, 3rd May, 17th May, 31st May, 8th June, 22nd June, 6th July, 20 July

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

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNz09>

Meeting ID: 939 4650 6425

Password: 513539

Queen's Jubilee and Carers' Week Specials!

Sing Like No One is Listening - A live concert with Holly Reynolds

Thursday 9th June at 2.30pm

Zoom Link: <https://us06web.zoom.us/j/89754524841?pwd=RIEvTkpEYjdGdkJESjQxSXp0c08rdz09>

Meeting ID: 897 5452 4841

Password: 965396

Happy & Glorious - A Royal Reminiscence Session with Kath Reynolds

Friday 10th June at 2.30pm

As it's the Queens jubilee we will be Celebrating 70 years of Queen Elizabeth II. Looking over the Queens life and various milestones along the way. If you have a Royal memory or moment please bring it along to share with everyone.

Zoom Link: <https://us06web.zoom.us/j/82347871146?pwd=NTdoTE9TRXZXZW1sbXhKNzJFMGFldz09>

Meeting ID: 823 4787 1146

Password: 079185



**Cheshire
East** carers'
HUB

Let's catch up!

Let's catch up!

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 member of our team will be there to greet you and offer a warm introduction.

There is no need to book for Coffee and Chats unless guidelines change, please just come along and look out for a group of friendly carers.

Alsager

Alsager Library (upstairs room), Sandbach Road North, Alsager. ST7 2QH

Third Tuesday of the month from 1.00pm until 3.00pm
19th April, 17th May, 21st June, 19th July, 16th August 2022

Congleton

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

Third Thursday of the month from 10.30am until 12.30pm
21st April, 19th May, 16th June, 21st July, (venue may be subject to change on 18th August)

Crewe

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

Second Thursday of the month from 1.00pm until 3.00pm
14th April, 12th May, 9th June, 14th July, 11th August

Holmes Chapel

Meeting Room, Holmes Chapel Library, London Road, Holmes Chapel. CW4 7AP

Fourth Friday of the month from 10.30am until 12.30pm
22nd April, 27th May, 24th June, 22nd July, 26th August

Middlewich

Willowmere, East Road, Middlewich. CW10 9PY

Second Thursday of the month from 10.30am until 12.30pm
14th April, 12th May, 9th June, 14th July, 11th August

Nantwich

Mill House, Queens Drive Nantwich CW5 5BX

Fourth Wednesday of the month from 10.30am until 12.30pm
27th April, 25th May, 22nd June, 27th July, 24th August

Poynton

Civic Hall, Park Lane, Poynton. SK12 1RB

Fourth Tuesday of the month from 2.00pm until 4.00pm
26th April, 24th May, 28th June, 26th July, 23rd August

Sandbach

Meeting Room, Sandbach Library, The Commons, Sandbach. CW11 1FJ

Second Tuesday of the month from 10.30pm until 12.30pm
12th April, 10th May, 14th June, 12th July, 9th August

Wilmslow

The Topiary Café, Wilmslow Garden Centre, Manchester Road, Wilmslow. SK9 2JN

Third Friday of the month from 2.00pm until 4.00pm
22nd April (due to good Friday), 20th May, 17th June, 15th July, 19th August



Events & Activities

We are offering special events and breaks throughout the coming months and will be adding to those featured below. Please keep an eye on our facebook group or call our Service Access Team if government guidelines change. Please note that you must be registered with Cheshire East Carers' Hub prior to requesting a place.

Important Events and Activities Information

Allocation is on a first come first served basis, but priority may be given to those carers who have not accessed a break if places are limited. **Booking is essential**, please call us on 0300 303 0208 or email: enquiries@cheshireeastcarershub.co.uk

There are no charges to carers for our activities, unless specified otherwise. All places need to be booked and we will confirm your place by telephone. Parking charges and travel to venues will not be reimbursed. If your circumstances change and you are no longer able to attend, please let us know and help us to avoid the costs of non-attendance. Please don't attend an activity if you feel unwell.

Macclesfield Carer Catch Ups

Due to limited spaces, please contact us to book a place

- Friday 22nd April Fairways Garden Centre 9.30am until 11.30am Breakfast Buttie
- Friday 20th May Space4Autism Café 12.30pm until 2.30pm Tea and Cake
- Friday 17th June Space4Autism Café 12.30pm until 2.30pm Cream Tea
- Friday 22nd July Fairways Garden Centre 9.30am until 11.30am Breakfast Buttie
- Friday 19th August Fairways Garden Centre 9.30am until 11.30am Breakfast Buttie

Carers Big Saturday Breakfast

We understand that not everyone is able to access our groups and activities during the working week but would like to meet and chat to other carers. Join us for a chilled out breakfast at one of the venues below. Booking is essential.

Alsager

The Plough Inn, Crewe Road, Alsager. ST7 2JN
Saturday 30th April, 10.00am until 11.30am

Crewe

Rookery Wood, Weston Road, Crewe. CW1 6NE
Saturday 21st May, 10.00am until 11.30am

Congleton

Heath Farm, Padgbury Lane, Congleton. CW12 4LR
Saturday 25th June, 10.00am until 11.30am



Crafty Morning

This workshop is a taster of the different arts and crafts activities that you can try at Artspace. 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. Refreshments are provided, booking is essential.

Macclesfield

Macclesfield Arts Space, 2nd Floor, Sutton Mill, Heapy Street, Macclesfield. SK11 7JB
Thursday 19th May 10.00am until 1.00pm



Informal Legal Workshops

Local Solicitors, Poole Alcock, are offering this free, informal legal workshop specifically tailored for carers in Cheshire East. Topics to be covered will include:



- The importance of making a Will
- How to protect the person you care for in your Will using a Trust
- Lasting Powers of Attorney for you and the person you care for
- Applications to the Court of Protection and a summary of Deputyship

A specialist solicitor will be delivering the workshop and will be available to help with any questions you may have. The aim of this workshop is to provide carers with the knowledge they need to make important decisions about their future in a relaxed and informal setting. The session will include light refreshments and an opportunity to speak to the solicitor one to one. Please contact us to book your place.

Holmes Chapel

Holmes Chapel Library Meeting Room, London Road, Holmes Chapel CW4 7AP
Friday 27th May, 10.30am until 12.30pm

Crewe

Wishing Well, Jubilee House, St. Pauls Street, Crewe. CW1 2QA
Thursday 9th June, 1.00pm until 3.00pm

Wilmslow

Wilmslow Guild, 1 Bourne Street, Wilmslow. SK9 5HD
Wednesday 22nd, June 10.30am until 12.30pm

Why should younger people make a Will?

There is an unspoken assumption that Wills are only for 'older' family members. That unless you have lived an unspecified number of years that you are 'too young' to make a Will.

Neglecting to make a Will at any stage of life can cause a whole host of problems for the family members of people who die unexpectedly. If no Will was ever made – loved ones will find themselves having to navigate the unclear and sometimes unfair rules of intestacy. And it might cause a dispute between dissatisfied family members.

Making a Will is the best way to avoid this unnecessary trauma when you pass away. Below are some key things to bear in mind if you're wondering if now is the right time for you to make a Will.



Under 30s

Anyone over the age of 18 can make a Will. An individual's 20's may not seem like the automatic time to plan a Will, but in some circumstances, it is absolutely essential.

Children - Who do you want to be the guardian of any young children that you have if something happened? What about any money left for them – who do you want to look after it until they turn 18?

Partners -Perhaps you are in a long-term relationship but have no plans to get married (either now or ever). Long term partners, no matter how long you have been together, have no automatic right to your estate. A Will is the only way to include them in your inheritance.

Property. If you are lucky to be able to buy your first home during your 20s, having a Will is essential. Some young homeowners think that, because the value is mostly tied up in a mortgage, it's not going to be worth putting a Will in place. However, most mortgage companies recommend (and some insist) on you getting life insurance to help pay off that mortgage should one of the owners pass away before it is paid off. Plus, if you have other people living with you (such as flat mates, a partner, or children), it's important to specify what you want to happen to your share of the house if something happened to you.

Under 50s

Marriage/Civil Partnership. Not to suggest that people don't get married at any age, people under 40 are much less likely to have a Will. Tying the knot is a good reason to consider what provision you have in place should the worse happen. It's also worth remembering that a marriage will revoke any existing Wills, so it may be necessary to update the same.

Business assets. Business owners and partnerships should carefully consider what would happen to the business if one of the owners passed away. Certain insurance policies, shareholders agreements and partnership agreements are all important things to take advice on when setting up business. A Will can tie in with all of these to make sure that your legacy can continue the way you want it to when you're no longer around.

Death of family members. It might be that, at some point in your life, you receive an inheritance from a parent or grandparent. This may not drastically change your financial status, but it is worth considering if it affects your own inheritance tax position. Making some decisions early on about estate planning, can prevent nasty surprises for your loved ones later on.

Under 70s

Retirement planning. It may be that your children are now grown up and have properties of their own. Perhaps you're hoping to retire early and are taking some independent financial advice about this. This is a perfect time to also review your Will. If you made one before, the chances are your circumstances have changed, and your financial position may allow you to make some decisions about lifetime gifts to family members.

Grandchildren. Do they get a mention in your Will? Many people choose to leave a legacy to their grandchildren in their Will. Sometimes it's with the hope that the sum, whatever size, will be used for something specific – like the deposit on a house, or to continue an education. Perhaps your children are comfortable in their own right, and so you want to make sure your grandchildren have some funds in the future.

Care planning. Perhaps not at the forefront of your mind in your 50s or 60s, but it may be something you have experienced with older relatives. The cost of care can really make a dent in people's finances, and so early planning can save a lot of heart ache later.

Ready to make your Will? Call our New Enquiries team now for an appointment with one of our specialist solicitors. 01270 444 329

Article By Verity McKay, Poole Alcock Solicitors

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 who you don't live with and you'd like to request PPE packs, please contact our Service Access Team 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.



Carers Week Monday 6th – Sunday 12th June 2022

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers. The campaign's focus is to ensure that carers get the information and support they need from services and the wider public.

Cheshire East Carers' Hub are delighted to be holding two days of celebration, relaxation and information. These events were due to take place during Carers Week 2020 so we are very much looking forward to being able to finally hold them, it would be great to see you all

The events will both be officially opened at 10.00am (Macclesfield) and 2.00pm (Nantwich), take a look around the information stands and chat with staff from some of the organisations offering support and services for carers in Cheshire East.

There will be light refreshments for everyone, tea, coffee, and plenty of cake. We will be offering wellbeing therapies and plenty of opportunity for chat and relaxation. We hope that they will be both informative and enjoyable events and are already looking forward to them.

Nantwich

St Mary's Church Hall, Church Walk, Nantwich. CW5 5RG
Thursday 9th June 2022, 2.00pm until 4.00pm

Macclesfield

St Michael's Church, Churchside Place, Market Place, Macclesfield. SK10 1DY
Friday 10th June 2022, 10.00am until 1.00pm

Featured Organisations



Cheshire Buddies Young Carers Sibling Group

Meeting every Tuesday for six weeks at Sandbach Park
19th April, 26th April, 3rd May, 10th May, 17th May and 24th May from 5:30pm to 7:30pm

We will be working with a local artist, Sue Guildford, to create our very own Queens Platinum Jubilee artwork which will be on display locally. Sue has some fabulous ideas; it will be a great opportunity for siblings to get together and get creative!

On Thursdays 4th August, 11th August, 18th Aug, 25th August and 1st September
From 1.00pm to 4:30pm at Brereton Country Park

During the summer holidays the siblings will be canoeing/kayaking with the Oakhanger Project as well as forest school activities.

This is a great opportunity to meet and make new friends, try new things, and have fun in a safe environment. All siblings must be registered with Cheshire Buddies.

To book a place, please contact a member of the Buddies Team on: **07938172103** or **07873423389**

Visit our website: www.Cheshirebuddies.co.uk

Facebook: [Cheshire Buddies](https://www.facebook.com/CheshireBuddies)

Twitter: [@cheshirebuddy](https://twitter.com/cheshirebuddy)



Alzheimer's Society

We are delighted to inform you, that in addition to our virtual Singing for the Brain service, from April 2022, we will be starting face to face sessions too.

The details of when and where the groups are running in Cheshire East are below. Anyone interested in finding out more about the service, should use the contact details on the poster in the first instance.



What is Singing for the Brain?

Singing for the Brain is based around the principles of music therapy and singing.

The structured group sessions use music to encourage communication and participation and include opportunities to talk to other people.

Each session includes a range of activities including vocal warm-up and singing a variety of familiar and new songs.

Elworth Singing for the Brain Group
St Peter's Church Hall, School Lane, Elworth, Sandbach, CW11 3HU
Sessions held fortnightly on Thursday afternoon
Attendance by referral only: For more information of dates, times and availability, please contact 0300 369 0570

Macclesfield Singing for the Brain Group
Tytherington Family Worship Church, Sandwich Drive, Tytherington, Macclesfield, SK10 2UD.
Sessions held fortnightly on Thursday afternoon
Attendance by referral only: For more information of dates, times and availability, please contact 0300 369 0570

Nantwich Singing for the Brain Group
Elim Church Chapel, London Road, Nantwich, CW5 6LW
Sessions held fortnightly on Thursday afternoon
Attendance by referral only: For more information of dates, times and availability, please contact 0300 369 0570



CARERS TRUST
Cheshire and Warrington

Cheshire and Warrington Carers Trust

We have been very busy at Cheshire and Warrington Carers Trust setting up our new Parent Carer Support Service thanks to new funding from Carers Trust called Making Carers Count. We now have a brand new team at our Cheshire East office:

Laura Holden - Parent Carer Service LEAD

Clare Gallagher - Parent Carer Support Worker

Becky Dawes - Children's Activities Co-ordinator

Zoe Le Maistre - Carer Breaks Worker

Lynda Noden - Administrative Assistant

DO YOU HAVE
A CHILD WITH
ADDITIONAL
NEEDS?

WE OFFER
SUPPORT
YOU CAN TRUST



Join our parent carer coffee mornings for information and advice, therapeutic activities and guest speakers, plus support from Cheshire East Autism Team

We run monthly groups in Poynton, Macclesfield, Congleton and Crewe

For more information contact
parentcarersupport@cheshireandwarringtoncarers.org
or call 0300 102 0008
Text 07593782615



Join Our Parents Facebook group
<https://www.facebook.com/groups/cheshireparentcarers>



Parent Carer Support Service

We are now able to offer a range of services for parent carers and children with additional needs, as well as our existing Carer Breaks for carers of adults.

Making Carers Count is our new service for parent carers which can offer benefits advice, emotional support, educational support, careers advice, peer support, training and information sessions. Referral to the service is simple, you can fill in this referral form <https://forms.gle/z4dArD5NHPXR5j817>, or simply give us a call or email. The form can be used by professionals or carers themselves.

We have 4 monthly Parent Carer Support Groups in Cheshire East. We are still asking carers to book on to our support groups to keep numbers safe and booking details are below. Cheshire East Autism Team attend most of our groups, but we cannot guarantee private appointments with them.

We also run activities for children up to the age of 18 with additional needs or disabilities, these may be exclusive SEND play sessions, craft activities, animal experiences, sporting activities and more! To find out more about these, our training and information sessions or our support groups in our weekly Keeping In Touch emails, you can fill in the form above, or just email us on parentcarersupport@cheshireandwarringtoncarers.org as this is our main email contact for the project. You can call one of our Parent Carers Support Workers on 01270 394 897 or 07593782615.

Carer Breaks Service

Our new Carer Breaks Worker is putting together a programme of activities for the Spring where carers can meet up and take a break from their caring role and gain support from staff and others in a similar situation. These will be spread across the Cheshire East area and may also take place online. These will include activities out of office hours for carers who work.

We offer free Reiki appointments at our Crewe office on Mondays and Tuesdays, and on 2 evenings per month. Reiki is a non-touch therapy that can relieve stress, anxiety and sometimes pain. We also know that some carers are still not ready to attend face to face events despite restrictions being relaxed, so we can offer you a pamper at home pack. These are strictly for carers who are still isolating due to caring for a vulnerable person and must not be able to attend our daytime or evening activities.

We also still have free PPE available for carers including gloves, face masks, hand sanitiser and aprons – you can pick up from our Crewe office or support group venues or we can deliver.

For more information about our services please contact 01270 394897 or 07593782615 or email cheshireeast@cheshireandwarringtoncarers.org

CARERS TRUST
Cheshire and Warrington

MAKING CARERS COUNT
Support Parent Carers Can Trust

DO YOU HAVE A CHILD WITH ADDITIONAL NEEDS?

WE OFFER SUPPORT YOU CAN TRUST

We offer the following support for parent carers of a child up to age 25:

- Benefits support
- Emotional Support
- Information & Training
- Confidence Building
- "Link Up" Peer Support
- Self-Advocacy
- Careers information
- Support Groups
- Carer Breaks
- Carer Awareness Training

For more information contact
parentcarersupport@cheshireandwarringtoncarers.org
Call 0300 102 0008 Text 07593782615
or complete our **referral form here**

@cheshirecarers1 @cheshireandwarringtoncarers

Funded by Covid-19 support fund



THE WESTON HUB

LAUNCH DATE
**28th February
2022**

A new safe space to support people aged 18+ experiencing emotional distress.

Need urgent mental health support? Call:
0800 145 6485
Open 24/7, calls are free



ECHC are a support provider based in Cheshire East providing help to individuals with their mental health. We are pleased to offer our crisis café service from The Weston Hub.

At The Weston Hub, we offer a safe, welcoming environment with experienced on-site staff members who can provide a comfortable safe space in a non-clinical setting, to support individuals in crisis.

We provide emotional support, practical advice, signposting to appropriate services and access to a variety of structured skill building courses and social activities with other café users.

Working closely with the Crisis Line, CWP urgent mental health helpline and home treatment team, where needed we will support individuals in crisis to access the appropriate support.



OPENING HOURS

10am - 10pm, Mon - Sun
(please contact **0800 145 6485** if you require outside of these hours)

HOW TO MAKE A REFERRAL

- Health and social care services
- 24/7 urgent mental health helpline
- GP practices
- Primary care services
- Voluntary agencies


01625 440700


The Weston Centre
Earlsway
Macclesfield
SK11 8RL

www.echc.org.uk

Crewecial (Crisis Café)

We are incredibly excited to launch Crewecial, delivering a much needed service supporting Cheshire people. Working closely with health and social care partners in recent months to deliver community-based options for people experiencing a mental health crisis makes the café a central part of our local offer in Crewe.

Crewecial is a Crisis Café in Crewe which will provide a safe, welcoming, and comfortable space away from a clinical environment for people in crisis, and those seeking to prevent the onset of a crisis. The onsite team will provide emotional support and resilience building as well as support people to develop positive relationships.

We can also provide practical advice and signposting. Where needed we will support people in a mental health crisis to access other support.

- The service will work closely with the Crisis Home Treatment Team and 24-hour crisis line
- The café will provide beverages plus hot and cold snacks
- The service will be open from 1.00pm to 10.00pm 7 days a week:

Drop in at:

3 Partridge Close, Flat 2,
Dunwoody Way, Crewe,
CWI 3TQ

Contact our Crewecial team

Tel: 07516 029 050

Email: crewecial@isl-uk.org

If you need support in a crisis outside of these opening hours please call the crisis line 0800 145 6485



Supporting Young Carers In Cheshire East

How a caring role can affect a young carer:

- **Emotionally** – putting others first, being worried anxious or stressed
- **Physically** – Suffering strains from heavy lifting, not looking after their own health
- **Socially** – Not able to meet up with friends
- **Educationally** – Difficulties concentrating in class, feeling tired, worried, no time for homework



Hello my name is Emma Gelsthorpe, I am the Young Carers Project Worker for Crossroads Together and I am based across the Cheshire East area.

Once a month, I will be holding regular group sessions at Overton House in Congleton where young carers from the ages of 8-18 will be able to meet up and take part in some fun activities and make new friends.

As well as regular group sessions there will also be the opportunity to go on a wide variety of trips and days out throughout the year especially during the school holidays. Young carers located outside of the Congleton area will also be able to have 1:1 opportunities such as school visits, online zoom calls or face-to-face activities. For further information, please get in touch:

Email: emma.gelsthorpe@crossroadstogether.org.uk **Tel:** 07807 684595 or 01260 583019

Read more about Cheshire East Young Carers Service: <https://bit.ly/3hufn1y>

Make a referral here: <https://bit.ly/3B3trr6>





Space4Autism

15-17 Mill Lane,
Macclesfield, Cheshire, SK11 7NN
info@space4autism.org



Space4Carers

Are you a carer for a child or adult on the Autistic Spectrum?

Do you need a short break from your caring role?

Do you live in Cheshire East?

If the answer is Yes then Space4Carers is for you

We meet up for various activities either in our Space Centre or out on socials

They will be held at various times so working carers can attend too

Activities inc:
Carers weekly lunch,, Theatre trip, Meals out, EHCP 1:1 support, Yoga, Zumba, Mindfulness and Relaxation sessions, Cookery Classes, Boot Camp, Bowen Therapy, Gardening and Nature



To find out what activities are taking place and request a booking from please email Space4Autism on:
bookings@space4autism.org

You must be a member to access Space4Carers

www.space4autism.com

Space4Carers has been made possible with a grant from






@Space4Autism



Find us on Facebook

Space4Autism Registered Charity Number: 118909

PROGRAMMES FOR PARENTS

(living in the old Borough of Macclesfield including Knutsford, Wilmslow and Poynton)

TIMID TO TIGER

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-11). It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

SLEEP WORKSHOP

Our Sleep workshops are open to parents of children aged 8-16 years. We aim to support you in understanding why your child may be struggling to sleep, possible causes of sleeping issues and importantly, what you can do to help your child and family to get better sleep.

TRIPLE P COURSE

The Positive Parenting Programme is a parenting and family support system designed to prevent, as well as manage behavioural and emotional problems in children and young people.

ANXIETY WORKSHOP

Delivered by one of our Qualified Counsellors, our anxiety workshop aims to increase your awareness, whilst providing practical tips on how to support your child who may be experiencing symptoms of anxiety. The course is open to parents & carers of children aged 8 – 25.

MENTAL HEALTH AWARE

For parents of children aged 8-18 years, this workshop is a one off 3-hour session. Led by a qualified MHFA trainer, it covers information on mental health issues, case studies and practical activities to gain confidence and awareness in supporting your child with their mental health.

MENTAL HEALTH FIRST AID

This course covers all aspects of youth mental health for parents of children aged 11-18 years. This course is accredited and certificated for anyone who successfully completes the training. More information is available from <https://mhfaengland.org>.

For further information on upcoming dates and how to enrol on all courses, please visit: www.justdropin.co.uk/contact-us/info-for-parents/

My Sunshine Pack

My Sunshine Pack is 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.

They are 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 written copy, please contact our Service Access Team with your request.

My Sunshine Packs are added regularly 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 can 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**.



The Volunteer Hub

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! This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much-needed boost to your wellbeing.

The Volunteer Hub at n-compass provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact Neil Sladen on 07902 703028 (Mon-Wed) or email volunteering@n-compass.org.uk



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

Call: 0300 123 5010 (Office Hours)

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



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 click on the link or visit carersdigital.org and use our free access code; **DGTL2946**. The resource has lots of features including those listed.

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



Newsletter



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

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

Cheshire East Young Carers' Hub

Welcome...

We hope this Newsletter finds you all safe and well. If you are experiencing any difficulties, please let us know and we will look to find you the right support.

We have been delighted to see some of you at our courses on Wednesdays after school and Mondays fortnightly on Zoom. If you are interested in any of the activities, please let us know and we can give you more details. If you attend a course on zoom you will be provided with everything you need to join in with us! We hope you can get involved in some of our activities and as always, we are here if you need any support from us.

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.

**Best Wishes,
Cara, Jen and Megan**



What We've Been Up To

Zoom Activities

We have completed a 6-week course in Art Zooms. Our sessions have included making pom pom animals, painting tote bags, making pop-out flower cards for Valentine's day, lolly-pop stick craft, making an aeroplane, and button art. In our final session we painted our own plant pot in bright decorative colours, in which we planted bulbs to represent a new life for Easter.

Our Zoom sessions are an easy accessible platform to meet and communicate with Young Carer Practitioners and fellow young carers. Lovely friendships and conversations are made over Zoom, whilst having at least two Practitioners to talk to if a child wants to talk separately to the group.



Happiness Club on Zoom



Young carers face an enormous amount of change, they have new emotions to deal with and new challenges, often daily. We organised for The Happiness Club to come and run 2 short courses for small groups of young carers on Zoom. The groups discussed their feelings and learnt techniques to help them understand and manage their emotions for example:

- Play the glad game. At the end of every day, find as many things as possible you are glad about and say them aloud with the other people at home.
- Remember that your emotions don't last forever. If you feel angry or upset or sad now, it doesn't mean you will feel that forever. If you feel happy or excited now, make the most of it.
- Use your tummy breaths to help you get to sleep. Put your hands on your tummy, close your eyes and focus all your attention on your hands and how they feel as they sit on your tummy, as your tummy moves up and down as you breathe in and out.

Sandbach Art Course

This was the first time that Cheshire East Carers' Hub have offered art activities at Sandbach Art Room. The sessions were very successful: each young carer was able to choose their own activity from a wide selection available each week. Activities included drawing and painting on acetate, tiles, glass, sewing, clay sculpture and modelling, papier mache, wire sculpture and jewellery making, amongst others!

It was great to see each of the young carers fully engaged with their own project and enjoying the opportunity to be able to explore their creativity. They reported that as well as lifting their mood, the activities also helped them to feel relaxed and calm. Guidance was available from a professional artist if the young carers wanted this, and practitioners were also on hand. A big thank you to the staff at Sandbach Art Room. We are delighted with the young carers feedback about the activities at Sandbach Art Room and hope to be back again soon!



Bollington Arts in the Theatre Course

We have been having a lot of creative fun at the Bollington Community Centre with our topic of Art in Theatre. We have made hand puppets using a range of fabrics and testing our sewing skills!! We also made shadow puppets with moving parts and explored how to make the puppets move.

Our shoe box theatres were amazing, layered with changeable scenery and really tested our imaginations. We talked about masks and how they can be used to help us to express ourselves in a less self-conscious and empowering way. Using decoupage and paints, we created these personalised masks. We have also had hilarious fun experimenting with face paints, developing our make-up skills! What a fabulous time we had. It was wonderful to see the young carers helping each other with ideas and to create their pieces of work



Young Carers Action Day

In March we got involved with Young Carers Action Day which is a national day to call for more action to support young carers. Carers Trust, who organise the day, spoke with young carers to ask them what they thought the theme for this year should be.

They were very clear they wanted the Day to be all about securing action to help address the isolation they experience as young carers. They highlighted how having the right support in place – such as regular short breaks from caring - can be really beneficial, giving them a better chance of succeeding in all parts of their lives. We asked our young carers why they felt they benefited from attending our young carers groups and activities. They wrote down answers such as "Time out for me", "A break from home" and "Make new friends".

We wrote to all the schools in Cheshire East letting them know about the action day and asking them to nominate a Carer Champion staff member who will be the person in school young carers can speak to. They will be invited to training sessions to learn more about young carers.

CARERS TRUST

YOUNG CARERS ACTION DAY

16 MARCH 2022

Taking Action on Isolation



Summer Term Activities



Sport for Health

This summer term we are heading to Crewe to deliver a weekly, after school course in Sports and activities that benefit health and wellbeing. We will be joining up with local providers to enable young carers to try lots of different activities.



Get Wild in the Woods

For the second half term we have hired Whirly Gig Woods in Scholar Green. This is a beautiful outdoor woodland space where we are going to learn and experience new outdoor skills and make use of the fantastic fire and teepee. Both courses will be held on a Wednesday after school.



STEM on Zoom Scientific sessions:

We look forward to inviting you to our STEM zoom course in the summer term. You will be able to try activities such as magic tricks, making your own lava lamps, growing plants and concocting potions. These sessions will be running fortnightly on Zoom after school on Monday, 4.30pm-5.30pm. You will be provided with all the equipment you need before the start of the course.



Carers Week on Zoom

This year Carers Week will run from Monday 6th until Sunday 12th June

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. We will be celebrating on Thursday 9th June:

6-12 years 4.15pm until 5.00pm

12-16 years 5.00pm until 5.45pm

For these 2 sessions we will be posting our young carers something to enjoy whilst we meet on Zoom.

Circus Starr

Circus Starr aim to bring all the fun of the circus to children and families that may have found this difficult in the past. They know that a circus is an event that brings everyone closer, encourages creativity and allows people to become stronger and more able to face life's challenges head on.

We are very grateful to be provided with tickets to treat young carers to the performance at Macclesfield Rugby Ground on Friday 10th June and in Crewe on Sunday 12th June.





Services and News for Young Carers

YouinMind.org

This is an online platform that helps people find mental health and wellbeing services in Cheshire. It can help you find professional support like counselling or community groups to improve your wellbeing. It is possible to search by condition and postcode to discover suitable services near to you.

On My Mind

This website has a Youth Wellbeing Directory, 90 self-care strategies, information for managing social media, dealing with loss and what to do if you are worried about a friend or relative.

On My Mind aims to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

It contains information, advice and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing. The free digital resources are designed for use by children and young people between the ages of 10-25 years.

www.annafreud.org/on-my-mind

Visyon

Mental Health and Wellbeing support for young people aged 11-25years. Visyon can help you improve your mental health so that you feel better about yourself and the things that happen in your day-to-day life. Services include:

- One-to-one therapy
- Therapeutic groupwork
- Family support work
- Therapeutic play
- Creative activities
- Mentoring
- Cognitive behavioural therapy
- Solution-focused brief therapy
- Parent support groups

For information telephone: 01260 290000 www.visyon.org.uk

ChAPS (Cheshire Autism Practical Support)

Many of our young carers support siblings on the Autism spectrum. Supporting children with ASD can be demanding and often families feel that they need some guidance or advice. ChAPS was created by three parents who have children with ASD (with or without a diagnosis) to help families to ensure the wellbeing of their children.

ChAPS offer a monthly membership which includes free access to regular weekly, fortnightly and monthly sessions like Kidz Clubs, Youth Club, sporting activities, animal therapy, gardening and the Play Barn.

They also offer training and workshops for parents to attend and to cover topics such as a range of challenging behaviours and difficulties often associated with children with ASD and other areas such as first aid, mindfulness and transitions and host a parenting course.

The monthly membership per family is £10 and they are also able to assist families in financial difficulty.

<https://www.cheshireautism.org.uk/> Tel: 0344 850 8607

