



The Princess Royal Trust
Salford Carers Centre

Salford Carers News

february 2011



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Caring for carers

IN Salford



*Dawn O'Rooke
Manager, Princess Royal Trust Salford Carers Centre*

Hello !

Welcome to this Spring edition of the Carers Newsletter. As well as comments about national carers issues, including the refreshed National Carers Strategy, there is information and news about many local events and activities.

Firstly we would like to let you know about the change to our adult carers coffee mornings. Having looked at the response we had to the last year's sessions along with positive comments and feedback from carers, we have decided to change the format of these mornings. **Although there will no longer be a regular monthly coffee morning slot** we are instead arranging a series of get-togethers and activities throughout the year – including information sessions, training, talks and craft activities. We are also planning to have activities on different days and times (mornings and afternoons) to give more choice and to enable more carers to have the chance to join us.

All the dates for events in the next 3 months are listed on page 7 under the heading '**Dates for your diary**'. Please remember to give us a ring on **0161 833 0217** if you would like to attend any of the events so that we have an idea of the numbers.

We would like to send a particularly warm welcome to any new carers who haven't previously joined us to come and meet us at some of the events, and if anyone has any ideas for activities that carers might like to participate in, please let us know.

Best wishes,

Dawn O'Rooke
Carers Centre Manager



Message from a Carer - in Appreciation

'In a quiet moment, just reflecting over the past year, and after observing from time to time the well-oiled machinery of the Carers Centre, I thought that, on behalf of the carers of Salford, a few words of thanks to Dawn as Manager, along with her staff, would be timely at the start of the year.'

When you are plodding along in your caring duties, you forget that hard and complicated work goes on behind the scenes. As a carer once said 'I thought everything was in place and it just happened automatically' (we wish).

The new design of the newsletter, is a great success, a great advancement on the original two page yellow edition from the start of the newsletters, but that, and the new edition is, maybe, the most welcomed brown envelope to land on the carers doormat from the post.

I know the past year, like other years, has been hard work, the

pre-planning for the impending cuts in funding have caused a few headaches and will continue after those cuts have been made known officially, but I have every confidence that under Dawn's management, with the continuing support of her staff, the machinery will continue to glide along.

We as carers can plod on and you have the knowledge that the Carers Centre is there to give us advice and support and is just a telephone call away.

As an adult carer I am absolutely amazed at how the Young Carers staff have organised and

put together care and support for such a vulnerable section of our society. I suspect it ranks as one of the best in the country, very well done.

God bless you all.

On behalf of carers of Salford may I thank Dawn and the staff, once again, for all the hard work and continual support they give to us all '.

From **Terry Flaherty**

Member of the Listening to Carers (Learning Difficulties) Task Group

Carers Strategy Group and Carers Centre Advisory Group

Social Welfare Training

Social Welfare training have produced a series of updated versions of their at-a-glance guides which are now available from the website: www.socialwelfaretraining.co.uk



- At a glance Guide to Benefit Changes 2010
- Retirement Age for Men and Women
- Retirement Age for Women
- Pension Credit Starting Age for all claimants
- Cold Weather Payments Increase
- Mortgage Housing Costs Decreased
- Yearly Uprating of State Retirement Pension
- Yearly Uprating of most benefits
- National insurance contribution conditions for JSA (Job Seekers Allowance) and ESA (Employment and Support Allowance)
- Permitted Work Higher Limit/Supported Permitted Work increase

There are also minor changes to the:

- At a glance guide to Employment and Support Allowance
- At a glance guide to The Benefits System.



Carers missing millions

Carers UK have identified that £840 million of Carer's Allowance goes unclaimed whilst hundreds of thousands of carers across the UK pay a heavy price missing out on Carer's Allowance for looking after ill or disabled loved ones at home.

Estimates from the charity Carers UK suggest that nearly 300,000 carers are missing out on a Carer's Allowance each year. This means that carers, who are often isolated, unsupported and unaware of the support they can get, end up cutting back on essentials like food and heating to make ends meet.

Imelda Redmond, CBE, Chief Executive of Carers UK, said:

"Around 2.3 million people become carers every year, and we hear from families who are simply not told about the support that is there for them. Many also don't see themselves as carers, but as mothers, sons, partners and friends looking after ill or disabled loved-ones. As a result, they miss out on support and end up caring round the clock without a break, and struggling to pay even basic food and heating bills".

Supporting families: Don't cut care! – a message from Carers UK

Top of the agenda at the National Carers Summit last November was the threat of cuts to public spending and frontline services. In response, Carers UK has launched a new campaign - 'Supporting families: Don't cut care'. If you want to campaign against cuts to care in your area then you can sign up to their new campaign. You will receive a campaign toolkit to help you lobby local government and make sure carers' voices are heard. Carers UK is building a picture of how the cuts are beginning to affect carers and are asking carers to tell them what's happening near you. For more information please visit the website www.carersuk.org or call **0808 808 7777**.

For more specific advice about benefits please contact:

1. Salford City Council Welfare Rights Service on 0800 345 7375

Please note 0800 numbers are free but if you are calling from a mobile please let them know and they will call you back. Or look at the information online at www.salford.gov.uk/welfarerights

2. The Welfare Rights Carers Helpline on 0800 161 38 39 or have a look at the very informative website on www.carerscentre.com. This helpline is provided by the Princess Royal Trust for Carers.

3. Salford Carers Centre support and information workers may also be able to help. If you call **0161 833 0217** and leave a message they will get back to you.

4. Or call the Carers Centre for a copy of the booklet 'Am I a Carer? - A carers guide to benefits'.

Stop Press . . .

We are holding a Benefits Awareness Session at the Carers Centre on Tuesday 12th April – see page 7 for more details.



Stretched to the limits

How one carer looks after two people more than 50 miles apart

What happens when you're a carer for two different people, and one of them lives more than 50 miles away? That's the situation 48 year old Paul* from Salford has to cope with. For not only does Paul care for his partner, John, he also looks after his 71 year old mother who lives in Fleetwood.

Paul also has health problems of his own. Twenty-six years ago he found out he was HIV positive, and although medications have helped keep his condition under control, they have unpleasant side-effects. He also suffers from spondylosis and the long-term effects of leg injuries sustained as a child, with the result that he's often in a lot of pain.

Dual demands

Listening to Paul describe his life as a 'sandwich carer', it's clear that both his mother and partner place heavy demands on his time. "Mum has emphysema," he explains, "She's now on oxygen most of the time. Every 10 days I go and stay with her for a few days and help her do her shopping and batch cook meals for her."

When Paul is back in Salford, his mother gets some assistance from a casual care worker. But because Paul is the only person she will allow to help her with bathing and dressing, Paul feels that if it wasn't for his regular visits she would quickly deteriorate. He also provides her with emotional support. "I may be in 50 miles away but I'm still there for her," he says. "In fact, we talk on the phone every day."

Caring for his partner

So what about Paul's other caring role? Unlike his mother, Paul's partner John has a disability that isn't always obvious at first. Nevertheless, it's had a big impact on Paul's life.

"John has Asperger syndrome," Paul explains. "It wasn't diagnosed until two years ago – a couple of years after we'd entered into a civil partnership. I'd always sensed that John was different and needed a lot of support. But it still came as a devastating blow when I found out what was wrong with him."

In fact, when John's 'Asperger age' was assessed as being 11, Paul felt as though his whole life had crumbled. "Suddenly it felt like I was married to a child," he says. "I saw how vulnerable John was and how much he needed to be helped and protected."

Nervous breakdown

Paul's realisation was to dramatically alter the nature of their relationship and left him with very mixed emotions, including feelings of anger towards both himself and John. Eventually he experienced what he now considers to be a nervous breakdown.

Unfortunately, even though Paul was very ill, John's condition meant he was unable to appreciate just how bad Paul was feeling and it was left to Paul to summon the strength to take control of his life again. "After six days alone in my room I realised that no-one was going to help me," he says. "It was all down to me."

Worry and isolation

Paul has since come to terms with John's disability. But at times he longs for a life of his own without constantly worrying about John's safety. "Before we met, John had been abused in many different ways - not just physically but socially and financially. So I always have to watch that no-one's taking advantage of him."

He also makes sure that John's day has plenty of structure and routine (both considered to be helpful to people with Asperger's). "Every morning I make sure he gets up, has a shower, gets dressed, walks the dog and cares for our pet birds."

One consequence of John's condition is their social isolation as a couple, leaving Paul feeling lonely and - on occasions - suicidal. "It's very hard for us to mix with other people," he explains. "John rarely has anything to say and people can't deal with his silences."

Getting help

So what would make life easier for Paul? As far as looking after John is concerned, Paul has been disappointed with services that could give him some respite. "True, there are day centres and activities for people with autism," he says. "But in the main, they're aimed at people whose autism is much more severe than John's. John tried them out and didn't like them. If he'd been happy there then it would have meant I could have got a regular break."

As for looking after his mother, Paul is now ready to consider asking for more help - especially for the days when he's not in Fleetwood. "Now I'm in touch with Salford Carers Centre I know where to turn," he says.

*To protect people's identities, their names have been changed.

Paul was talking to Julia Ellis, Primary Care Liaison Worker at the Princess Royal Trust Salford Carers Centre.

February Winter Warmer Event

Invitation letters for the Winter Warmer event were sent out in early January so those lucky enough to be able to join us for the 3 course lunch and get-together will be receiving their official invitations very soon.

We will be adding pictures of the event in the next newsletter!

Salford Mental Health Forum

Salford Mental Health Forum are looking for Salford Mental Health Service Users, Ex Service Users and Carers to get involved in this Independent Mental Health Forum to share their views and experiences, with a view to having a say in the planning and provision of mental health services in Salford through consultation and involvement. The Forum aims to discuss issues relevant to mental health and reduce the stigma associated with mental health problems. It also looks to promote dignity of difference for individuals and groups of diversity. For further info please contact the Forum on **07733 270942 (between 9am-5pm)** or come along to one of the meetings:

- Wednesday 23rd February 2011
- Wednesday 30th March 2011
- Wednesday 27th April 2011

Meetings are held from 12noon - 2pm at Pendleton Gateway.



Doorstep Crime

There is a new website which is packed with useful resources.

www.doorstepcrime.net provides safety advice to warn people about bogus and doorstep criminals, and provides videos, presentations and a quiz to help reinforce the key messages. All the resources on the site are FREE, including all downloads such as leaflets, posters and a window sign to stop cold callers.

Minister visits GP Practice in Salford

Last November, Salford MP Barbara Keeley invited Minister for Care Services, Paul Burstow, to visit The Sides Medical Practice, Swinton to see the new measures Salford GP practices are taking to identify and support patients who are carers. As well as meeting staff from the Sides and Salford Carers Centre, the visitors also met carers who had come to speak about their own personal experience of caring and how they had benefited from support. The Sides is one of 56 GP Practices in Salford who now have a Carers Link – a member of staff responsible for co-ordinating the referral of carers to the Princess Royal Trust Salford Carers Centre. Carers Links also make sure that when GP practice staff open up carers' medical records on their computer, an electronic 'note' tells them that the patient is a carer and therefore may have health problems relating to their caring role such as exhaustion and anxiety.

Dr Nigel Hyams, Chairman and Salford Secretary of Salford and Trafford Local Medical Committee (LMC) and GP at Walkden Medical Practice said: "It was particularly pleasing for the LMC to get involved and help facilitate access to General Practices for carers who do an incredible job that goes mostly unrecognised and often without any support. The Carers' Support Programme will help provide a co-ordinated approach to offering assistance to ensure carers do not neglect their own health care needs.'

MP Barbara Keeley said: "I'm a great supporter of this work in Salford and I wanted the Social Care Minister to hear first-hand about the scheme and to hear from carers about the difference it can make if their GP knows they are a carer".

Paul Burstow said: "It was good to note that initiatives to identify and support carers such as those in place at The Sides Medical Centre are having real benefits for carers and improving their quality of life."

*As part of his visit to Salford, Paul Burstow also took the opportunity to visit the Young Carers Education Project at Harrop Fold School - for more details see the Young Carers Section on page 11.



Paul Burstow MP and Barbara Keeley MP visit the Sides Medical Practice

Recognised, valued & supported: next steps for the carers strategy

The refresh of the National Carers Strategy was launched at the Carers UK Summit in November.

The strategy identifies the actions that the Government will take over the next four years to support its priorities to ensure the best possible outcomes for carers and those they support, including:

- supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset both in designing local care provision and in planning individual care packages
- enabling those with caring responsibilities to fulfil their educational and employment potential
- personalised support both for carers and those they support, enabling them to have a family and community life
- supporting carers to remain mentally and physically well

The strategy received additional support through the following measures:

- £6m in new funding for training to support GPs to identify and support carers. GPs are often the first port of call when families experience illness or disability. Carers say that getting early advice and information from their GPs can transform their experiences of caring by allowing them to access support from the outset. Salford GP practices are already involved in working closely with our Primary Care Liaison Worker and now have a Carers Link in each practice. Further funding to increase awareness will help initiatives such as this.
- The Government plans to consult on extending flexible working rights to all employees, which would benefit an additional 75,000 carers who currently miss out on these rights. Flexible working has allowed many carers to continue to juggle work alongside caring. Included in the strategy is a strong emphasis on working with employers to promote new, modern ways of supporting their workforces.
- An additional £400m announced to provide breaks for carers. Not all carers are able to combine caring for loved-ones with paid work. We know that over 1 million people already care for over 50 hours a week, and that more and more families are taking on heavy caring responsibilities which make it impossible to work. It is now crucial that the Government develops robust mechanisms to ensure that every penny of this money reaches carers.
- The Government has announced the launch of a new DotGovLabs Innovation Hub to explore digital support for carers. We are already seeing technological innovation online and in telecare technology breaking down barriers which cause carers' isolation and saving carers time and stress by cutting down bureaucracy.

Carer's benefits were not part of this review of the Carers Strategy, but the recent Welfare Reform White Paper did acknowledge the inadequacy and unsuitability of Carer's Allowance.

The Princess Royal Trust for Carers Chief Executive, Carole Cochrane, said:

"We welcome the much needed commitment to the early identification of carers as millions often go unnoticed and unsupported. The government has listened to carers and understands that without the right level of support carers often suffer physical and mental breakdowns. This is unacceptable as they have sacrificed their own needs to care".

Dates for your diary

Craft sessions: Felt Making

Felt making is one of the oldest hand-made processes used to make material. It is still really popular today, being used to create stunning and unique items.

Over two mornings you can join staff from Ordsall Hall and have a go at making your own one-of-a-kind felt object.

During the first workshop we will use wool fibres to create a piece of material. In the second workshop transform your material into a personalised wallet.

The dates are **Friday 4th** and **11th March** from **10am to 12 noon** at the Carers Centre.

These workshops are FREE but booking is required.

To book a place please phone us on **0161 833 0217**



Benefits Awareness Session

Are you getting all the benefits you are entitled to?

Pensions Partnership Manager, Philip Carter, will be visiting the Carers Centre to hold a benefits awareness session on **Tuesday 12th April** from **10.30 to 11.30**.

The session will cover general information about the various disability and carers benefits including Disability Living Allowance, Carers Allowance, Attendance Allowance, Pension Credit and State Retirement Pension

If you would like to join us, contact **0161 833 0217** to book a place.

Salford Heart Care 'Healthy Heart Clubs'



Salford Heart Care is an independent charity that provides practical support to heart patients, their carers & families.

Healthy Heart Clubs are held across Salford, including: Irlam & Cadishead, Walkden, Eccles, Little Hulton, Weaste, Lower Kersal and soon Langworthy.

The branches are funded by NHS Salford and members can enjoy a variety of activities such as dancing, exercise, games, relaxation, reiki, Tai Chi, weight management, healthy living advice or just a cuppa and a chat.

For more information please contact Serena or Jean on **0161 707 7402**

Or email

salfordheartcare@onetel.com



Little Hulton carers speak out!

Carers in Little Hulton are speaking out about their priorities. Top of the pile is knowing more about what is available. Through work out and about in Little Hulton and a special event on 8th November, carers have told local social enterprise Unlimited Potential that their priority is for more accessible and direct information and advice about what is available, especially about services, support and financial issues, including benefits.

Through its carers' development service, Unlimited Potential is now planning to build on carers' views to create something that makes appropriate information and advice more accessible to all local carers. First thoughts on the best ways to do this are through word-of-mouth, very local places such as corner shops, and media. If you provide unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems and lives in Little Hulton, please get in touch and let the social enterprise know what you think by calling Sue Hinder on **07796 848 364**.

If you are a carer and want practical advice, information or support, including access to a Carers Personal Budget, please contact us at the Carers' Centre on 0161 833 0217.

Enjoy a relaxing break at the Salfordian Hotel, Southport

Open all year round, the hotel is run by the Salfordian Trust and caters mainly for older Salford residents and less mobile visitors but they also welcome other guests. These are some of their up-and-coming activities: Why not treat your mum to a break for Mother's Day on 3 April, try your hand at Flat Green Bowling in May or take in the scenery with watercolour painting in July? Transport available for holidays booked Wednesday to Wednesday.

Telephone **0161 925 1233** for a brochure or to make a reservation.

Stop Press . . .

Take a look at our pages on the Princess Royal Trust for Carers website

www.carers.org Just search for 'Salford Carers Centre'. The main website is also packed with useful information and advice for carers.

Complaints, comments or compliments about council services

Salford City Council aims to provide the services you need at the time when you need them. They say that "Customers who complain about our services are 'unpaid consultants' who can help us to improve our services!" So you shouldn't be put off from raising any concerns or complaints you may have, nor from making any compliments about particular services. Salford City Council have made it easier for you to complain by the introduction of a Complaints Hotline - **0161 909 6540**

Customers can register a complaint, comment or compliment, by:

- Contacting the Complaints Hotline on **0161 909 6540**
- Sending a letter
- Using the online form via the website www.salford.gov.uk/complaints
- Alternatively a member of staff can complete an intranet form on the customer's behalf

If you want to comment on any of the services provided, the web pages explain what to do. Anyone who uses the city council's services - including children - can make a comment, compliment or complaint.

They urge you to contact them if:

- you feel you have been discriminated against or treated unfairly
- you feel staff have been rude or impolite
- you feel there has been an unreasonable delay in providing a service
- you feel the quality of the service provided has been unsatisfactory

You do not have to do this yourself; someone can do so on your behalf and be your representative or spokesperson. This person could be, for example, a relative, or friend, a member of staff or someone from a voluntary agency such as the Carers Centre. The choice is yours.

Disability Living Allowance proposed changes

The Disability Alliance are asking for help with a survey of disabled people, carers and advisers that will inform their response to the Government's consultation on Disability Living Allowance (DLA) reform. Disability Alliance say "The Government is planning to cut DLA expenditure by 20%, introduce a new assessment, limit the care component (to be renamed 'daily living') to two rates and re-title the benefit 'Personal Independence Payment' ". Their survey is a little long (but should take no more than 20 minutes to complete), but they would like as strong a response as possible. The issue is, of course, not simple, and requires some level of detail/length in order to cover all the issues needed. The survey is available at:

www.surveymonkey.com/s/dlareform

NHS Salford Chief Executive Awarded named as NHS Leader of the Year!



NHS Salford is pleased to announce that Chief Executive Dr. Mike Burrows, was awarded the prestigious national title of the NHS Leader of the Year!

The award was presented to Mike by Clare Chapman, the Department of Health's Director General of Workforce at a ceremony held in London on Wednesday 8th December.

Mike fought off competition from hundreds of other NHS leaders a result of his proven skills as a calm, consistent and inspiring leader and his record of delivering continually impressive results.

NHS Salford's Chairman, Professor Eileen Fairhurst, states: "We at NHS Salford are extremely proud of Mike and his achievements. It is a privilege to have him as our leader. He is an inspiration to many and truly deserves this recognition."

Commenting on his success, Mike states: "I feel truly humbled and honoured to have won this award. However, a leader is only as good as his team and I believe the successes of the PCT are a result of the hard work and dedication of every member of staff at NHS Salford."

Carers Rights Day

Salford Carers Centre celebrated Carers Rights Day on Friday 3rd December with an event to identify carers at Salford Royal Hospital. We had information stands and staff on hand to answer on-the-spot questions as well as the ever popular tombola.

Students from The Beauty Spot at Salford City College volunteered and were on hand to provide hand massages and, despite it being extremely cold in the corridor at Entrance 4, we were able to meet many new carers.



Judd Skelton Principal Officer (User Carer Issues) Salford City Council, Bev Tabernacle Assistant Director of Nursing, Salford Royal Foundation Trust, Barbara Keeley MP visiting the Carers Rights Day event



Lynne Cardwell offering advice and information to a carer

Technology Fair

The Greater Manchester Employer Led Partnership presents a Technology Fair promoting the vision for a networked nation and showcasing the benefits of technology in Health and Social Care. The Fair takes place on Tuesday 15th February from 9:30 - 15.00 at the City of Manchester Stadium, SportCity, M11 3FF.

You are invited to drop in and visit a wide range of exhibition stands where the very latest technology solutions will be on display.

Who should attend? Carers, relatives of those in need of some support or assistance, those who are looking for some assistance within the home to enable them to remain independent, health professional, social care businesses etc.

This free event is open to anyone who has an interest in how technology solutions are being applied within the Health and Social Care Sector. To book your place visit www.salford.gov.uk/technologyfair and complete the on-line booking form or ring 0161 603 4191 for more details.

Young Carers and Young Adult Carers

2010 was a very busy year for VOCAL The Forum for Young Carers in Salford, as they continued their aim of raising awareness with regards to young carers' issues, and they have found numerous, and creative ways of doing so! Here are just a few of them:



A Survey of Young Carers was completed in the city, which explored issues around both education and social life. The results are being used by the Young Carers Service to redirect some of the support we offer the older young people, and some of it has been published in their book 'Still here - Still Proud'.

Anniversary Events

To help young carers celebrate the anniversary of the service the Forum organised a buffet/disco in Felicini's in Monton for young carers under the age of 12. The event was a massive success and attended by nearly 70 young carers and their guests, who included Barbara Keeley MP, Hazel Blears MP and past and present Mayors of Salford. The Forum organised an Anniversary Ball for the older young carers and their guests, but sadly they had to cancel due to the adverse weather conditions. The event has now been rescheduled to take place in March.

Young People and Mental Wellbeing

The group devised a very powerful presentation at a Salford University Conference on 'Young People and Their Mental Wellbeing'. They helped a large audience of professionals explore the effects that being a young carer has on both their physical and mental wellbeing.

Young Carers Calendar

The Young Carers Service has also produced a calendar for 2011, and for the third year in a row a group of young female carers have worked hard on this project.

The Young Carers Educational Project has been mentioned in national research as an example of good practice and joint working between schools and Young Carers Services. The project has also been referred to in Parliament, and Harrop Fold School (one of the schools in the project) was



visited by the Care Services Minister Paul Burstow along with local MP Barbara Keeley, in November for him to check out, at first hand, the work of the project and the impact this has had and how the nine Salford High Schools involved in the project help identify and support young carers. We think he was suitably impressed!

Young Adult Carers on Ice!

On one of the coldest nights of the year so far, an intrepid group of Young Adult Carers got their skates on and took to the ice at the Salford Quays ice rink and gave us their best Torvill and Dean impressions. More importantly, they took note of the warning that there would be no trips to A & E that evening, and all stayed (vaguely) on their skates! Afterwards they went for a meal to warm up and catch up on what everyone had been up to recently and to discuss forthcoming projects for the New Year.

If you are a carer aged 16 - 24 and would like some support in your role, please contact Charlotte at Salford Carers Centre on **0161 833 0217** or email carers.centre@salford.gov.uk

ME2 Christmas Party with Walkden Juniors Young Carers Group

On Monday 13th December 2010, the Walkden Juniors Group were treated to a Christmas Party by ME2, a Salford agency that supports young people affected by someone else's drug or alcohol misuse. ME2 have recently started working in Little Hulton and were keen to meet some of our Young Carers. We were treated to a Christmas Feast and games of Pin the Tail on the Donkey, Musical Statues as well as Christmas craft and decorating activities. It was a great success and we look forward to working with ME2 further in the New Year. So ends a busy year, and 2011 looks likely to as busy, if not more so.

A carer is someone, who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

FREE Health Check

If you look after someone who can't get by on their own.



"I was so busy looking after my husband, I'd no idea my blood pressure had got so high."

Mrs J from Salford

Carers Health Checks are available exclusively to unpaid carers of people in Salford. This is a limited offer.

Looking after someone? Spend a lot more time thinking about **their** health than **your own**? Then here's your chance to have a **FREE Carers Health Check**, at a time and place that suits you best.

Not only that, Salford Carers Centre will send you a free Carers Information Pack with details of other things you may be entitled to, from getting a break to Carers Allowance.

So book yourself in for a free Carers Health Check today. It could be a life saver.

How to book your FREE Carers Health Check
Call Salford Carers Centre on 0161 833 0217
or email carerscentre@salford.gov.uk



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Registered charity N° 507162



Princess Royal Trust Salford Carers Centre, 1 St Philips Place, Salford M3 6FA

The next edition of the newsletter will be published and mailed out at the beginning of April. If you have any articles for inclusion please submit a brief article (in word format) to carerscentre@salford.gov.uk by the next deadline date of Friday 4th March

The opinions expressed in this newsletter do not necessarily reflect those of the Carers Centre. To the best of our knowledge all information was correct at the time of printing.