



The Princess Royal Trust
Salford Carers Centre

Salford Carers News

november 2010



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Caring for carers

IN Salford



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

Welcome to the second edition of the new look Carers Centre newsletter!

There has been an overwhelmingly positive response to the new newsletter and in particular the photographs of the team! Thanks to everyone who sent us encouraging and productive comments about the publication - please continue to let us know what you think and also if you have any news or information that you think we should include in future editions.

The main event next month is, of course, Carers Rights Day. The theme this year is 'Know your rights'. On national Carers Rights Day last year over 1,400 groups ran events across the country giving support and advice to carers. This year's events take place on Friday 3rd December. See page 4 for details.

We also have a packed schedule of activities over the next couple of months to which all carers are welcome to join us including:

- Christmas coffee morning/get together on 14th December,
- a free Image and Colour Consultation afternoon (ladies and gentlemen most welcome)
- First Aid training session specifically for Carers

We look forward to seeing you at the events - please give us a ring on **0161 833 0217** just so we have an idea of the numbers.

For all professionals who wish to receive the newsletter in the future please make sure you have registered with us - if not, contact the admin department (see number above) and ask for a registration form.

In the meanwhile - Christmas and New Year is fast approaching so I would like to take the opportunity on behalf of all of us at Salford Carers Centre to wish all of you a very Merry Christmas along with a happy, healthy and prosperous New Year.

Best wishes,

Dawn



FREE Carers Health Checks

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

When you look after someone, you tend to spend a lot more time thinking about their health than your own. That's why we're encouraging carers living in Salford to have a **FREE Carers Health Check*** (see below), at a time and place that suits you best - and that includes your own home if you can't get out of the house.

For a full half hour, an NHS nurse will run through all the essentials, from blood pressure to keeping well in the future.

So if you haven't already done so, be sure to request a Carers Health Check without delay. Call Salford Carers Centre on **0161 833 0217**, giving your name, date of birth and telephone number and an NHS nurse will call you to arrange a date and time that suits you best.

"You are put at ease and checked fully by a nurse who is good at her job and very friendly."

"The health check was excellent. The nurses really helped me to take my weight issue more seriously. I wouldn't have done this without this health check."

"As a carer if there's something wrong with me then I need to know. I just can't afford to wait until I'm seriously ill."



* Subject to availability

Mark's story

One day, Mark received a phone call that was to set him on the road to better health. The call was from a nurse working with Salford Carers Centre, inviting him to have a Carers' Health Check.

For many years, Mark has been the main carer for his wife, Caz. Formerly childhood sweethearts who went their own separate ways, Mark and Caz were reunited after splitting up from their partners and went on to tie the knot in 1998.

Caz suffers from a number of medical conditions so Mark spends most of his time looking after her. Not only does he help Caz get up in the morning, wash, dress, take her medications and visit the bathroom, he also does the cooking, cleaning and shopping. "I never get a proper night's sleep either," he says. "Caz has to use morphine patches because she's often in a lot of pain and they can make her feel dizzy. So whenever she needs to spend a penny in the night I have to get up and make sure she doesn't fall."

"It made me realise I'd not been looking after myself properly"

Like many carers who channel most of their energies into looking after someone, Mark had spent little time thinking about his own health. "Every day, it's Caz I'm focused on," he says. "Will she be OK if I nip out to the shops? How will she cope with another operation? Is she getting the right food to eat?" In fact, despite the fact his caring role often leaves him stressed and exhausted, Mark couldn't recall the last time someone had asked him how he was feeling.

"So when the nurse told me that carers were being offered a health check, I thought it was a really good idea," says Mark. "And I'm glad I went along because it made me realise that I'd not been looking after myself properly."

Since having the health check, Mark has been more careful about what he eats and has started walking as an alternative to taking the bus. "The health check was a wake-up call," he says. "I'd recommend it to anyone who isn't already getting regular health checks from their GP."

Footnote: If you look after someone and would like a Carers Health Check, call Salford Carers Centre on **0161 833 0217**, giving your name, date of birth and the name of the GP Practice where you're registered as a patient. One of the nurses will then get back to you to arrange a time and place that suits you best.



Carers from Salford tell Minister how their lives have improved

On Friday, September 17th, a group of carers from Salford met the Minister for Care Services, Paul Burstow, at Pendleton Gateway and told him about how they had benefited from a Carers Personal Budget. As you may know, following a carers assessment, some carers are awarded up to £600 to help them 'take a break' from caring. This doesn't mean that they literally have to pack a suitcase and go away for a few days (which many carers can't or don't want to do). They may prefer to have their hair done on a regular basis, spend the occasional day at a health spa or simply buy a laptop that enables them link up with relatives, friends and support organisations. One carer who looks after three people said: "The laptop is my door to the outside world. Even though I can't leave the house very easily, I can still link up with other people". Paul Burstow also emphasised the important role GP practices play in the early identification of carers.

Equality Bill

In a landmark decision, which could lead to more rights for carers in the workplace, European court judges have ruled that EU law protecting employees against discrimination at work due to disability, also applies to their carers. For more detail please see the website www.carers.org/news/

Carers Rights Day

This year, Carers Rights Day takes place on Friday December 3rd. The theme is 'Know Your Rights' and the day is being co-ordinated by Carers UK, a national charity which champions carers' rights.

One of the ways in which Salford Carers Centre is marking Carers Rights Day is with a **Carers Information Event at Salford Royal Hospital (Entrance 4) from 10am till 2pm** when, as on previous occasions, we will try and reach 'hidden carers' passing through the hospital. We will also be using the occasion to launch a simple, one-page guide to carers' rights. The event will also include free Health Checks for Carers (provided by fully qualified NHS nurses) and a free tombola. Carers Centre staff will be on hand to advise carers of help and support available. If you'd like to come along there's no need to book - just turn up on the day.

Help from the Council to stay warm and well

Keeping warm over winter months can help prevent colds, flu or more serious health problems like pneumonia. To help, Salford City Council's Affordable Warmth team have developed a scheme to help owner occupiers insulate their lofts and cavity walls for free or at a low-cost.

Home owners aged 60 and over can qualify for free loft and/or cavity wall insulation, funded by Salford City Council (while funds permit).

Home-owners who are not over 60, but are in receipt of any of the following are entitled to free insulation while funds permit.

Who qualifies for free insulation?

- Homeowners aged 60 and over
- Homeowners earning £22,000 or less and receiving working families Tax Credit
- Home owners on a qualifying benefit (call us to find what these are)

If you do not qualify for free measures, the Council has negotiated a reduced price with Dyson Insulations Ltd. Cavity wall or loft insulation can be installed for £149 per measure.

How to apply for this offer?

The Council's partner Dyson Insulations are co-ordinating this offer and all you need to do is freephone **0800 0232 756** and they will arrange for a free no-obligation survey. Alternatively you can apply to the Council via www.salford.gov.uk/affordablewarmth



'Still Here, Still Proud' book

Salford Young Carers Forum 'VOCAL' have produced a book '**Still Here, Still Proud**' which celebrates the tenth anniversary of the Young Carers Service in Salford by recognising and acknowledging the caring role they do as well using their personal stories to highlight the issues they face. More details and pictures from the book will be in the next edition of the newsletter.

Salford Children and Young People's Plan

Salford Young Carers Forum was recently involved in a consultation exercise led by Connexions on Salford's Children and Young People's Plan. It is a plan for all children and young people who live, grow and learn in the city and sets out hopes and aims for the children and young people of Salford, and guides the work of Salford's Council Children's Services.

Salford Young Carers were also involved in an England wide consultation on their views of the role of the new Social Work College and roles of social workers. Action for Children was commissioned by SCIE (Social Care Institute for Excellence) to co-ordinate a series of consultations across England, so again thank you to the young carers involved.

Feedback from young carers attending from throughout Greater Manchester on social workers and their role was as follows:

'It is such an important job; people should get approval from the Queen before being allowed to be a social worker.' 'Social Workers need to put their hands up when they are wrong.' 'You don't have to be perfect to be a good social worker'

Young Carers 10th Anniversary Event

This year Salford Young Carers are commemorating their 10th Anniversary year and celebrating with a dinner dance and disco in December. The event will be attended by local and national politicians and officers from both the Council and the local health service who have been involved in supporting Young Carers services. The event is being organised by **VOCAL** - the Forum for young carers in Salford and we will be reporting in detail in the next edition of the newsletter.

National Young Carers Conference

Salford Young Carers' Forum provided a presentation and workshop at the Princess Royal Trust's National Young Carers Conference for young carer's workers in October. The workshop was co-facilitated with Tracey Hamilton, Trust Manager Eastern Ravens Trust and it explored the creation and development of young carers' forums/steering groups. As well as looking at the reasons behind the development of young carers forums, the work they undertake, and the issues that arise, it also focused on why young carers should be involved and what is actually meant when talking about empowerment. The Young Carers Forum were the only young carers nationally to provide this workshop. So a big 'Thank You' to: Ashley Owen, Toni Bleakley and Paul Moran (Young Carers Education Project Worker).



April Holmes
Team Leader Young Carers Service

Dates for your diaries

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Christmas Celebratory Coffee morning!

The last coffee morning date of the year will be **Tuesday December 14th from 10.30 to 12.30** at the Carers Centre. We will be enjoying some Christmas cheer with a buffet and get-together. We would like to take the chance at this meeting to give you the opportunity to discuss the future developments and for you to let us know what activities, events and sessions you, as carers, would like to benefit from in the future. Please let us know if you would like to join us - new faces are more than welcome.

For catering purposes we will need the numbers so please give us a ring as soon as you can on **0161 833 0217**.

Colour and Image afternoon

Back by popular demand, Anne Broadhurst will be holding a Colour and Image afternoon for carers. As people who have attended these sessions before know, a good time will be had by all attending! So come along and have fun as well as getting some tips on colour, image and grooming. The session will be taking place at:

Eccles Gateway on Friday 26th November from 1.30 to 3.30pm

We expect this to be a very popular event so please can you call the Carers Centre on **0161 833 0217** to let us know you would like to attend. We hope that many carers who haven't been able to attend other Carers Centre activities will be able to join us for this interesting and fun afternoon.

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First Aid training from the British Red Cross

The British Red Cross offer free first aid training to unpaid carers. This is because this group of people are unfortunately at increased risk of being involved in health emergencies such as accidents.

We have booked a First Aid training session for Wednesday 26 January 10.30 to 12 at the Carers Centre.

The course will cover the basic skills such as:

- 1 Unconscious person not breathing
- 2 Unconscious person breathing
- 3 Choking
- 4 Bleeding
- 5 Burns
- 6 Broken bones
- 7 Seizures
- 8 Asthma attacks
- 9 Person who has drunk a harmful substance
- 10 Head injury
- 11 Helping someone who is distressed
- 12 Strokes
- 13 Heart Attacks
- 14 Diabetes

If you would like to attend the course please let us know by telephoning 0161 833 0217.

New Alzheimer's Café at John Lewis

If you're living with dementia or care for someone with dementia, you may be interested to know that the Alzheimer's Society has set up a new Alzheimer's Café for you. You will be able to meet socially with others, get advice and information and have a hot drink and a bite to eat. The first café will take place from 4.00 - 6.00 pm on **Tuesday 23rd November** at 'The Place to Eat' on the first floor of John Lewis in the Trafford Centre.

For more information, call Sarah Sephton on **0161 203 6434**, mobile **0788 960 4543** or email salford@alzheimers.org.uk

STOP PRESS STOP PRESS STOP PRESS STOP PRESS

After the success and excellent response we had to our Anniversary Dinner at Buile Hill last December (can't believe it was nearly a year ago!) we will be arranging a lunch for carers on 24 February 2011. The plan is to have a 'Winter Warmer 'post Christmas' lunch event when we will all be in need of something to look forward to. We will be contacting all carers in due course with further details and, as before, if we are oversubscribed all names will go into a hat!

10 things carers should know

Alongside the *Broke and Broken* survey the Princess Royal Trust also launched new advice for carers entitled '**10 things carers should know**'. These include:

- 1** Look after yourself! You are very important. Carers tend to suffer physical and mental ill-health as a result of caring.
- 2** Take a break. Caring can be hard work and stressful. Having a break can make all the difference.
- 3** You are not alone. There are nearly six million unpaid carers in the UK (Census 2001) and many will be experiencing similar things to you. You can meet other carers by joining support groups at your local Carers Centre or local council.
- 4** Tell your doctor. All too often carers can be so preoccupied with the health and well-being of the person they are caring for that their own needs take a back seat. Let your GP know of your caring role so they can make sure you stay healthy. They can also put you in touch with other organisations that may be able to help.
- 5** Ask for a Carer's Assessment. You are legally entitled to an assessment of your needs as a carer by your local council. This gives you the chance to talk about the impact of being a carer on your life and what might make things easier for you.
- 6** Make sure you are receiving all the financial support you are entitled to. The Carers Centre produces a helpful easy read guide to benefits for carers – available by contacting the Carers Centre.
- 7** Get a grant. You may be eligible for a grant from your local council or Carers' Centre towards the cost of a short break, transport or buying a specialist piece of equipment or a domestic appliance.
- 8** Decide on the help that's best for you. If you have been assessed by your local council as needing support services to help you in your caring role, you can choose direct payments. They give you the power to buy in and arrange help yourself instead of receiving it directly from social services.
- 9** Contact your local Jobcentre Plus. Taking on caring shouldn't mean that you must automatically think you have to give up work. If you are looking to return to paid employment, Jobcentre Plus is able to provide grants to cover the cost of replacement care to enable you to do training or attend job interviews.
- 10** Help is out there. There are organisations in most areas of the UK that specialise in providing information and support to those who care for a relative, friend or neighbour who could not manage on their own. The Princess Royal Trust for Carers has a network of 144 Carers' Centres across the UK, offering advice, information and support as well as online support forums for carers and young carers - [see www.carers.org](http://www.carers.org) or www.youngcarers.net. Additionally, there are other specific services available from certain councils and other voluntary organisations.

For a more detailed version of the '10 things you need to know' advice and guidance you can log on to www.carers.org or www.nhs.uk/carersdirect

For a copy of 'Are you a carer - a carers guide to benefits' contact Salford Carers Centre.

'Broke and Broken' Carers Battle Poverty and Depression

New research by the Princess Royal Trust for Carers revealed some startling facts about carer's lives in 2010 and how the isolation and poverty they experienced was affecting them. A survey of 800 carers found that more than half of those carers who were working earned less than £10,000 per year, and 60% had given up paid work to look after a sick or disabled relative. 37% said that they were fearful of the future and did not want to wake up in the morning due to worry about finances. Other findings included 39% feeling at risk of losing their home and that 53% had borrowed money because of their caring role. Additionally, it was discovered that 15% of all carers surveyed were turning to drink and drugs to cope with their financial predicament.

It is not surprising therefore that one in two carers were calling for an increase in carers allowance and one in three want greater support to combine caring and paid work. There was considerable publicity surrounding the publication of the survey which was covered by most of the national newspapers and television. The Princess Royal Trust reiterated their commitment to holding the coalition government to their pre election pledges and commitment not to forget carers.

STOP PRESS STOP PRESS STOP

Take a look at the new Princess Royal Trust for Carers website which was relaunched in September: www.carers.org. The site is packed with information and advice for carers and we are in the process of adding our Salford Carers Centre section so remember to take a regular look at those pages too.

E Learning modules for carers in Salford

Salford Care Training Partnership are pleased to announce that they are now extending their already comprehensive range of E-Learning Materials to include access to E-Tutor and IT Support Training and are now able to offer carers in Salford access to this facility.

There is a wide variety of E-Learning modules available including:

- Safeguarding adults in Salford
- Substance misuse
- Meeting the needs of carers
- Law and physical intervention
- Community safety
- Dementia awareness
- Epilepsy awareness

- Confidentiality in social care

Plus a range of general courses that include

- Body language
- Coaching
- Health and safety
- Listening skills
- Negotiations
- Persuading and influencing
- Presentations
- Questioning skills
- Self-esteem
- Time management

Access to the courses is **free** and when you have completed the training, you will be able to download a certificate of achievement. So if you would like to undertake any of the E-Learning modules listed then visit www.salford.gov.uk/sctpetutor where you will find more details and instructions on how to register.

Carers who are interested in the courses should access the website link and nominate themselves, following the instructions, to access the courses. However, not all carers have access to a computer in which case if you ring **0161 603 4185** and state which course you are interested in someone should be able to help.

Salford Disability Forum



Researching heart conditions

YOUR HEART – HAVE YOUR SAY, PLAY A PART

Salford Disability Forum is researching conditions which affect the heart and circulation. They would particularly like to talk to you if you:

- receive services from social care or health
- have diabetes
- have cholesterol or blood pressure issues
- smoke
- drink alcohol
- are lonely
- do not exercise
- are from a minority ethnic community
- or you have something to say about heart and circulatory services

The research aims to identify

- What people with long term health conditions or disabilities in Salford think of services that support heart and circulation care
- What types of services are available
- What feedback people with long term health conditions and disabilities would like to give on access to heart and circulatory care

They are looking for volunteers who wish to help with carrying out the research and if you want to take part in the survey and have your say please contact: Paulette Holness or Pik Yee See Tho

Telephone **0161 737 1092** or **0161 737 9598**

Textphone **07979 951 051**

Email office@salforddisabilityforum.co.uk

Web: www.salforddisabilityforum.co.uk

The project will run throughout October up to December 2010 and they will be producing final reports in January 2011.



Design day for supporting families through transition*

Families have been asking for a group for them, run by them, where they can help each other get through the maze of transition and beyond.

A design day has been planned for **Friday 26th November** from 10am till 1pm which will give families the opportunity to say what they want from a family support group.

Ideas for the group include:

- Buddying up with other families
- Having your say about policies and procedures
- Socialising with people who are going through or have been through the same experiences as you

Please come along for a fun packed day where you get to have your say. Light refreshments will be available. Venue: St Georges Resource Centre, Cromwell Road, Salford M6 6SB. For more details please contact Caitlin Chapman telephone **0161 793 2171**.

* *Transition* - someone being cared for aged between 14 and 25

Urgent care engagement



In September 2009 a partnership was established between NHS Salford, Salford Practice based Commissioners, Salford Royal Foundation Trust and Salford Community Health with input from Salford City Council, North West Ambulance Service and Greater Manchester West Foundation Trust. The aim of the partnership is to redesign unscheduled care and chronic disease management services to provide integrated care for patients requiring urgent care at a reduced cost. NHS Salford and partners have worked with staff and the public to develop a proposal to provide safe, cost-effective and joined-up urgent care services to the people of Salford that safely reduce unnecessary costs.

The partnership are keen to hear views from all stakeholders (and this includes carers) on the proposals. You can respond by either taking part of an online survey www.salford.nhs.uk/urgentcareengagement or contact the Engagement Team **0161 212 4853** or email involvement@salford.nhs.uk

We also have a few paper copies of the survey too in the office – ring us for more information on 0161 833 0217.

Carers UK National Summit 2010

25 November Clifford Chance, Canary Wharf, London.

This event is FREE to attend

Carers UK holds an event each year to allow carers to debate the issues that matter to them. This event also incorporates their Annual General Meeting. Last year their Question Time event saw carers question politicians on what their parties would do for carers. At that event both Maria Miller MP and Paul Burstow MP were opposition MPs for the Tories and Lib Dems. They came to the Summit and debated carers' issues with the Government Minister.

This year the tables have turned and they are both now Government Ministers and will be returning to the event. To book your place at the National Carers Summit for the opportunity to put your questions to the Ministers with responsibility for carers, you should apply via the UK website www.carersuk.org Places are limited and only carers and former carers can attend.

Unable to attend? You can hear the Summit on the day, live online, thanks to Carers World Radio www.carersworldradio.com Through the website you can also put your questions to journalists on the day who in turn will put them to the panel.

Carers personal budgets - carers comments

We recently sent out almost 300 evaluation forms to those carers who have been awarded carers personal budgets. To date we have had a response rate of 49%, and we get more forms returned every day. When asked if they felt that the award of a personal budget had helped sustain their caring role 96% felt it had done so, with 73% saying it had improved their health, 68% saying it had improved their wellbeing, and 74% that it had benefited them socially. Many carers told us that they felt refreshed and recharged, valued and recognised by being awarded a carers personal budget and being able to choose how to have a break from caring. We received many comments which included:

"Thank you for this opportunity to improve our day to day life", "I now have more energy for the caring", "Thank you so much for giving me time for myself", "Thank you so much for the best gift I have ever had".



Pat Fry

Admin Support Worker Carers Personal Budgets

Salford Housing Choice Service

Are you aged over 50, or under 50 with a vulnerability, and feel your current property is unsuitable for your needs? If so, Salford City Council's Housing Choice Service can help you!

They provide help and guidance to enable older and vulnerable residents of Salford to make informed choices about their current or future accommodation:

If you want to move to more suitable accommodation

- The Housing Choice service can provide advice on all the housing options available to you and how to access them. They can also assist with financial and/or legal matters, benefits advice and practical assistance when moving and settling into your new home.

If you wish to remain in your current accommodation

The Housing Choice service can provide advice on improving and adapting your current home, and refer or sign-post you to the right service to help with this.

This service is completely free of charge and is available to all Salford residents whether you own your home or rent it. If you would like to speak to the Housing Choice Team or make an appointment for a home visit to discuss your housing options please contact Kim Pierce on **0161 793 2829** or email housingchoice@salford.gov.uk

Alternatively visit the website www.salford.gov.uk/housing-choice

If you are a carer, or you work with carers and you came across this newsletter at your doctor's surgery, carers group or other similar venue and would like to receive a personal copy of the newsletter please contact Salford Carers Centre on 0161 833 0217.

Giving Us A Voice Project

The Giving Us A Voice project has been funded by the Department for Communities and Local Government, to bring together Black, Asian and ethnic minority family carers and people who have learning disabilities and those who provide and commission services.

This will enable a full discussion to take place on good social care services in times of change. The project is being run jointly by ARC (Association for Real Change), Mencap and BILD (British Institute for Learning Disabilities). There will be 9 regional meetings which will lead to the production of a national charter for inclusion. In order to truly represent the voice of BME family carers it's hoped that many will attend these meetings.

Places are being filled but we are keen to get more family carers to attend and give their views. Please, please could you encourage any family carers of people with learning disabilities who are from a BME community to attend the events.

Although the event in the North West was scheduled for 16 November you can still get involved by either attending other regional events or commenting on the regional plans as they are produced

For more information please see the websites www.arcuk.co.uk or www.givingusavoice.org.uk. Email pam.smith@arcuk.org.uk Telephone **01246 555043**.

Changes to Salford Adult Social Care

Salford City Council is encouraging residents, service users and **carers** to find out about changes to adult social care, under the campaign title *My life, my choice, my support*. Using real case studies, there are adverts on buses and over 1000 posters have been distributed across the city. There will also be video that people can watch on the internet and through DVDs.

If you are using a carer's personal budget and would like to tell other carers how it has improved your life, the information services team has two simple to use video cameras so that you can create your own two or three minute story.

Contact: ben.colman@salford.gov.uk or call **0161 793 2865**.

Saga Respite for Carers Trust Award

If you are a carer who is unable to take a break from your caring responsibilities or know a carer who deserves a break, you can nominate them for the Saga Respite for Carers Trust Award. The carers should be over 50, have been caring for a year, have not taken a significant holiday in the past year and not be a professional carer.

For more details please see the website www.saga.co.uk/health/carers or from 1st January 2011, you can apply for a nomination form by sending a stamped addressed envelope to The Trust Manager, Saga Respite for Carers Trust, The Saga Building, Enbrook Park, Folkestone, Kent CT20 3SE.



The key to getting help

In the June newsletter we told you about a new service from Salford Carers Centre. The service provides support to carers linked with GP Practices in Little Hulton, Broughton, Lower Kersal and Irwell Riverside.

Andrea Libman is the Carers Support Worker who is working with this specific project. Andrea can offer advice, information and support for carers and also refer carers for the free health checks with a health care professional. So if you have any questions about your caring role such as:

- Not sure of your rights
- Getting the right benefits?
- Want a health check?
- Like someone to talk to?
- Want to work or study?
- Need time off from caring?

Please give her a ring on **0161 833 0217**. Since the project started in April 2010 Andrea has worked with, and supported, 85 carers. She has helped them in many practical ways including:

- Benefits advice
- Help with claiming pension credit, housing and council tax benefit, carers allowance and disability living allowance
- Grant applications
- Referrals to social services for carer's assessments and Carers Personal Budget applications
- Referrals to occupational therapy for practical support to live independently at home
- Signposting to other agencies for advice
- Accessing community and support groups
- Emotional support and advice.

The GP practices included in the project are:

Little Hulton:

Cherry Medical Practice, Cleggs Lane Medical Practice, Dearden Avenue Medical Practice, Manchester Road East Medical Practice, Salford Health Matters - Hulton District Health Centre, Walkden Gateway Medical Practice

Broughton, Lower Kersal and Irwell Riverside:

Blackfriars Medical Practice, Energise Healthy Living Centre, Higher Broughton Medical Centre, Horizon Primary Care Medical Practice, Leicester Road Medical Practice, Limefield Road Medical Practice, Lower Broughton Health Centre, Mocha Parade Medical Practice, Salford Health Matters - Willow Tree Healthy Living Centre



If you are a carer, but your GP is not listed above, and you need support, information and advice or want a health check please contact Salford Carers Centre on **0161 833 0217**.

Andrea Libman
Carers Support Worker

New support is coming for carers in Little Hulton

Working with carers in the City, Salford City Council has identified that there is insufficient local support for carers in Little Hulton. It has therefore engaged a local social enterprise, Unlimited Potential, to work in the area for the next year to develop locally-based support for carers. This draws learning from the successful development of support for carers in Claremont and Weaste.

Sue Hinder, the Carers' Development Worker, started work in Little Hulton on 1 August. Born and bred in Salford, Sue has first been identifying key local resources and support. She is now engaging local carers to find out their strengths and wishes and an event for carers took place on Monday 8th November at St. Paul's Peel Church Hall on Manchester Rd. West. Feedback from this meeting will be available in the future.

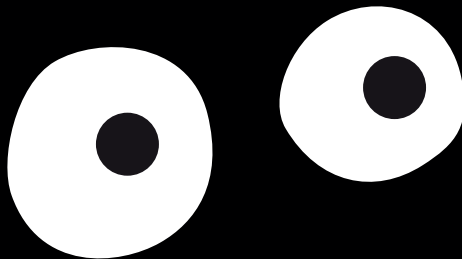
"This is an exciting development", said Chris Dabbs, Chief Executive of Unlimited Potential. "We know from experience the exceptional value of what unpaid carers do, many for well over 50 hours per week. We want to ensure that carers in Little Hulton have access to better support."

If you are a carer in Little Hulton and want to share your views on what support carers most need, please contact Sue Hinder on **07796 848364**.

Footnote

If you are a carer and want practical advice, information or support, including how to apply for a personal budget, please contact the Salford Carers' Centre on **0161 833 0217**.

Still in the dark about what rights you have as a carer?



If you look after someone who's ill or disabled (and who can't get by without your help), did you know that you have certain legal rights as their carer?

Find out more at our **Carers Information Event**, Friday, 3rd December, 10 am till 2 pm, at Salford Royal Hospital (Entrance 4).

Alternatively, call Salford Carers Centre on 0161 833 0217 or email carers.centre@salford.gov.uk

plus FREE CARERS HEALTH CHECKS!



Salford City Council



Christmas Closure

Please note that the Carers Centre will be closed over the Christmas period - from lunchtime on 23 December and we will reopen on Tuesday 4 January.

The Social Services Emergency Duty team contact is **0161 794 8888**.



A very Merry Christmas & peaceful festive season from all of us at the Carers Centre.

The next edition of the newsletter will be published in **February 2011**.

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.

Princess Royal Trust Salford Carers Centre

1 St Philips Place Salford Manchester M3 6FA

tel: 0161 833 0217 fax: 0161 833 1992

carers.centre@salford.gov.uk

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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.