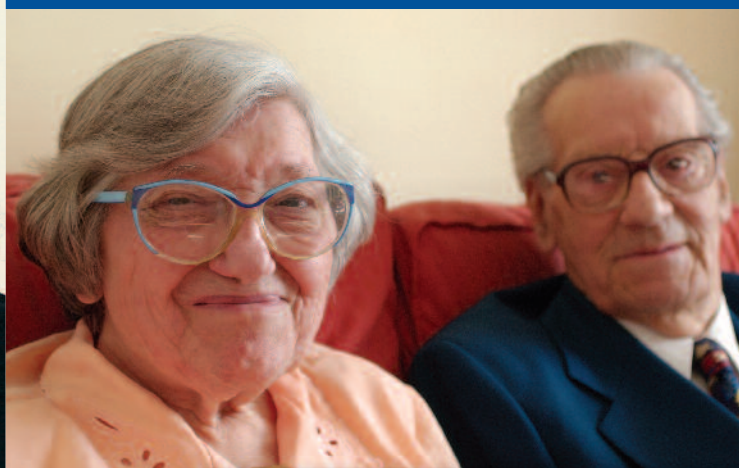




The Princess Royal Trust
Salford Carers Centre

Salford Carers News

april 2011



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Caring for carers

IN Salford



Hello !

As we go to press we are waiting to hear how the government spending cuts may affect carer services in Salford and the Carers Centre in particular and we will let you know how any cuts have impacted on our services in our next newsletter. Salford has a good reputation for supporting carers over the years with many original projects taking place such as carer's personal budgets, subsidised carer's leisure passes, innovative work in primary care and work with young adult carers. However, some of the credit for these groundbreaking initiatives has to go to Judd Skelton, Principal Officer for User and Carer Issues and Carers Lead for Salford City Council. It was with great sadness, therefore that we heard that Judd will be moving on. He successfully applied for a post as Integrated Commissioning Manager with Salford City Council and will be leaving his current post shortly. I am sure I speak on behalf of a number of carers as well as on behalf of the Carers Centre, in offering a vote of thanks to Judd, for all he has achieved during his period in the post of Carers Lead for Salford. Judd has achieved significant service improvements and support for carers during his time as Carers Lead and many of the creative projects listed above would not have been possible without his support and commitment. Thank you Judd!

The Winter Warmer event in February was held at La Sallian restaurant at Salford City College. We had a marvellous response to the initial invitation - 125 replies for 40 places! With so many carers applying for places for this event it was inevitable that some would be disappointed not to be able to join us. However, we are in the process of looking for some additional funding to have another get together and enable those carers who were unable to attend the winter warmer lunch to attend a similar event in the future. The lunch was an excellent way for carers to have a break, a 3 course lunch served by the students, and which also provided an opportunity to meet fellow carers. It was also a good for us to meet so many new faces. (See picture of the Winter Warmer event below.)

All the dates for carer's events for the next 5 months are listed on pages 6 and 7. 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.

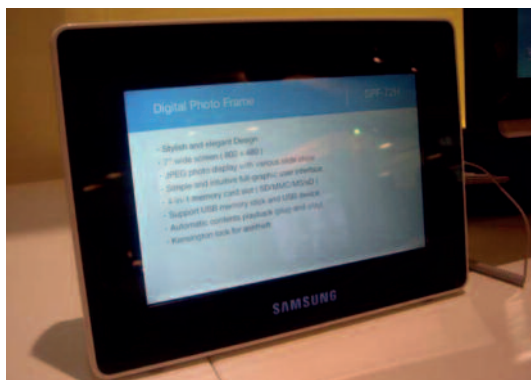
Best wishes,

Dawn O'Rooke Carers Centre Manager





Testing times with carers



New ways of getting accessible and direct information and advice to carers is being tested in Little Hulton. Building on carers' views obtained in 2010, local social enterprise Unlimited Potential is now testing some new approaches on one estate in Little Hulton. Part of the approach is to get the word out to local carers through the word-of-mouth networks that already exist. This is supported by simple written information encouraging carers to contact Salford Carers Centre for information and referral. The approach is also trialling simple technology. It is hoped to place

electronic photo frames in shops and other outlets on the estate that local people use. These will carry key messages for carers. Those carers from the estate who register with Salford Carers Centre will receive regular messages by text about what is available, especially about services, support and financial issues, including benefits.

"This is an attempt to reach many more carers than more traditional techniques", said Chris Dabbs, Chief Executive of Unlimited Potential. "We aim to use the resources that are already in the area, such as word-of-mouth networks and mobile phones." The pilot project will run for at least three months, after which its impact will be assessed.

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 live on the Peel Estate, Little Hulton please get in touch and let us know what you think. You can call Sue Hinder on **07796 848364**.

Six Degrees Social Enterprise CIC

The Department of Health has approved a 'Right to Request' bid from the staff and community members who run Salford's Primary Care Mental Health Service to develop an independent social enterprise: Six Degrees Social Enterprise CIC (Community Interest Company). At any one time around one in six people will be experiencing mental health problems such as depression or anxiety. It is vital that people are given the support they need to deal with these common problems, as they are a major cause of suffering and social disadvantage.

Salford Community Health's Primary Care Mental Health Service provides practical support and guided self help for people with depression or anxiety. Psychological Wellbeing Practitioners (PWP's) offer one to one support based on the principles of cognitive behavioural therapy which helps people to identify their individual goals and explore ways of achieving them. The service forms part of a wider network of Improving Access to Psychological Therapy Services (IAPT) and works closely with Salford GP practices and a wide range of other community services. It has achieved national recognition and was a finalist in the 2010 Patient Experience Network, National Awards.

As a non profit making organisation, Six Degrees Social Enterprise CIC, will be able to pursue its social mission of building resilient communities, in which people with mental health problems are accepted, supported and equipped with skills to deal with the challenges they face. The launch event for the new service took place on Friday 1st April and the theme was 'The Benefits of Recovery - No Health, Without Good Mental Health'.



Carers rights at work



If you are caring you may feel as if you are juggling two roles – one holding down a paid job and the other caring for a friend or relative. Caring can be unpredictable and often cannot be planned, but there are things you can do to help you cope with the pressures of work and care.

At work

It is up to you whether you tell your employer about your caring responsibilities or not. As an employee you have some statutory rights (your employer must offer these) for example: the right to request flexible working or the right to have time off in emergencies, but your employer may also offer additional support. For example – you may be able to use leave arrangements, paid or unpaid, at the discretion of your employer, to cover intensive periods of care.

Sometimes the support you need is very simple like access to a telephone or information and advice. You can find out what support and/or policies your employer has in your contract, staff handbook or intranet or by speaking to your line manager, human resources (HR) manager, welfare officer, occupation health adviser, union or staff representative or colleagues.

Dependants

A dependant could be a spouse, mother, father, son, daughter, parent who lives with you and who is solely dependant on you or anyone who reasonably relies on you for help in an emergency – such as an elderly neighbour.

Emergency

Also known as 'time off for dependants', this gives all employees the right to take a 'reasonable' amount of time off work to deal with an emergency involving a dependant. Whether the time off is paid or not is at the discretion of the employer.

An emergency could be:

- A disruption or breakdown in care arrangements for the dependant
- If a dependant falls ill, has been assaulted or in an accident
- The death of a dependant
- To deal with an incident involving a child during school hours
- To make longer term arrangements for a dependant who is ill or injured (but not to provide long term care yourself)

To use this right to time off, employees must inform their employer as soon as possible after the emergency has happened. You don't have to provide it in writing or provide evidence. If your return to work is before you have had a chance to contact your employer, you must still tell them you have been absent.

Reasonable time off

This is not a fixed amount of time though it should allow the employee to deal with the immediate problem and /or put any other necessary arrangements in place. One to two days may be reasonable, but one to two weeks may not. (However this will depend on individual circumstances).



The right to request flexible working

You may find that the best or only way to manage your work and caring responsibilities is to change your work arrangements. Since 2007, carers, as well as parents, have the right to request flexible working. Flexible working patterns can allow employees to manage both work and their caring responsibilities and could include flexible starting and finishing hours, compressed working hours, annualised working hours, job sharing, term-time working, part time working, home-working or tele-working. A flexible work pattern might be the difference between a carer continuing work or having to resign.

There is more information about Carers Rights at Work available on the following websites:

1 The Princess Royal Trust for Carers

www.carers.org/help-directory/carers-and-employment

2 Carers UK

www.carersuk.org/Information/Workandcaring/Carersrightsatwork

www.carersuk.org/Information/Workandcaring/Flexibleworking

3 Direct.gov

www.direct.gov.uk/en/CaringForSomeone/CarersRights/DG_4001078

4 Carers Direct

www.nhs.uk/CarersDirect/guide/rights/Pages/carers-rights.aspx

For more specific advice or support regarding caring and employment, or to get copies of relevant leaflets, please call the Support and Information Workers on **0161 833 0217**.

Claremont & Weaste carers

Claremont and Weaste Carers Support group, based at Chandos Social and Sports club, were treated to a pamper day at The Beauty Place at De la Salle College on 13th January. The group had approached local MP Hazel Blears and she then arranged for the group to have a pamper day as a thank you for the hard work carers and ex-carers do. As you can see from the photos the group had a wonderful time. Claremont and Weaste carers group meets every Wednesday at 12 noon until 3pm.

For more details about the group please contact Joan on **0161 737 2875**.



Singing with Dementia group

The Singing with Dementia group has just celebrated their first anniversary. Over the past year nearly 2000 carers and the cared for have been entertained by the singing group. As well as the resident musicians they have had visits from Music Therapist Heather Phoenix, Oscar Bernhardt and his Charleston Charlies and a Jazz Quartet from BBC Northern Philharmonic. The group also provide percussion instruments to encourage participation.

The group is held on a Wednesday morning from 11am, and is based at the Humphrey Booth Resource Centre, 16 -18 Worsley Road, Swinton, M27 5WW.

Telephone **0161 607 7100** and you are invited just to turn up to see the group in action or join in the singing!

The group has a new website

www.singingwithdementia.com

Dates for your diary

First Aid Training from the British Red Cross

The British Red Cross are again able to offer a free first aid training course to unpaid carers.

We had an excellent response to the initial course back in January and so we are now able to offer a second chance for carers to join us to learn more about basic first aid skills.

The next First Aid training session for will be held on **Thursday 12th May from 10.30 to 12 noon at Eccles Gateway.**

The course will cover the basic skills such as:

1. Unconscious person not breathing
2. Unconscious person breathing
3. Choking
4. Broken bones
5. Seizures
6. Helping someone who is distressed

If you would like to attend the course please telephone **0161 833 0217** to book a place.

Also, if there are any more specific first aid topics eg. diabetes, heart attacks etc that you would like to learn more about, please let us know when you book the place and we will check with the Red Cross to try to include information about it in the session.

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Benefits Awareness

Reminder – we have a Benefits Awareness Session planned for **Tuesday 12th April 10.30am to 12.30** at the Carers Centre – we still have places available so please give us a ring on **0161 833 0217** to let us know if you would like to attend.

Services for older people

Salford Forum for Older People (SFOP) meet on a regular basis and invite agencies and organisations to bring up to date information about what they are doing in Salford. They also listen to what representatives from groups in the local areas feel about services for older people such as health, housing, transport etc.

If you would like to get involved in the Forum please contact the SFOP Secretary: email josephgraham3@sky.com or telephone **0161 707 7265**

Meetings are held at the Humphrey Booth Resource Centre, 16 - 18 Worsley Road, Swinton M27 5WW from 10.30am to 12.30 with refreshments from 10am and the next dates are: 8th April, 13th May, 10th June, 15th July, and 12th August.

The Welfare Rights Group meets on a regular basis keeping older people and carers up to date with the changes in welfare rights. The group is currently looking for representation from carers and groups in Salford to join them. The remit of the group is for older citizens to identify and participate in achieving benefit take-up for older citizens. The group are currently developing a leaflet explaining more about 'Carers Allowance for People age 60 and over'. If you would like to join this group, meetings are held at Pendleton Gateway, 10am-12 in Community Room 3 and the next dates are 14th April; 19th May; 30th June.

Salford Senior Transport Group If you, as an older person or carer, would like to be part of consultations about making positive changes to transport services such as door to door transport or transport to hospital or other services which affect older people within Salford, the Senior Transport Group would like to invite you to join them. Meetings are held at Eccles Gateway 10am to 12 on 28th April & 26th May or 23rd June at Pendleton Gateway.

For more details about any of these groups please contact Caroline Allport Development Worker (Older People) Community Health & Social Care telephone **0161 793 2209**

Contact-the-Elderly

Contact the Elderly is a national charity which aims to tackle the growing problem of the isolation of older people by organising monthly Sunday tea parties for small groups of older people who live alone and don't have any family nearby. It offers a regular and vital friendship link every month, with the help of volunteers from within their community. The area of Salford currently has two groups but these are urgently in need of volunteer drivers and hosts who give their time once or twice a year to really make a difference to the most vulnerable people in the community. If you would like to find out more please contact Kathleen Sheridan on **0161 434 7335**, or come along and meet our groups and other volunteers at a special free tea party in Particroft Methodist Church on **Sunday 17th April 3 - 5pm**. All are welcome. Or for more information see the website www.contact-the-elderly.org.uk

Ordsall Hall

Ordsall Hall closed its doors in 2001 for a major restoration and development project, and after spending most of the last two years 'under wraps' the Hall will reopen to the public in May 2011 – so keep an eye on the website for news of the official opening date.

You are invited to go along and see the restored and rejuvenated Hall. More of the building will be open to the public than ever before, and landscaped grounds to explore. There will be a packed events programme running at the Hall including children's activities. The first exhibition will be 'The Curious Old House' which will reveal some of the characters who have been associated with the Hall. There will also be links with heritage walks including Ordsall Hall and Salford Quays circular and Ordsall Hall: Faces and Places. For more details visit www.visitsalford.info/ordsallhall or telephone **0161 872 0251**



Helping Hands Minor Repair Service

Based in Pendlebury, Salford, Helping Hands Minor Repair Service is a not-for-profit community business who aim to provide reliable, trustworthy and affordable repairs service for the elderly and vulnerable and those with young families. Helping Hands also do work free of charge to qualifying clients: such as draught proofing to doors and work to improve the safety and security of vulnerable clients, examples being: door locks, door bolts, door chains, spy holes, grab rails (for disabled people), carbon monoxide alarms, gutters cleaned and carpet trims as well as child safety packages - for example fire guards, safety gates, cupboard locks, bath mats, window restrictors, cord winders (referral for this part of the service is needed via the Children's Service).

Helping Hands are currently offering a Free Property Maintenance check to identify what free work they might offer for the following client groups:

- over 65 and in receipt of any of the following: Income Support, Pension Credit, Housing Tax Benefit, Council Tax Benefit.
- if any member of the household is in receipt of DLA or Attendance Allowance
- has any physical, sensory or other disability?

Helping Hands ask all clients to register with them and their annual registration fee is currently £10.22. The company was the Winner of the 2010 Salford Community Business Award.

www.helpinghandssalford.co.uk Telephone **0161 793 9419**

Dates for your diary

Colour and image

Thursday 14th July at Salford Carers Centre 1.30 to 3.30pm

Back by popular demand... we are lucky to have the chance to offer another 'Colour and Image' afternoon for carers.

The Colour and Image afternoon is an informal get together where we will learn about the colours that make you look and feel good. Everyone has a unique skin tone, hair and eye colour and some of the colours you wear make you feel and look great, whilst others have the opposite effect. Knowing and wearing the colours that suit you best is all about giving you confidence!

The last event was booked, unfortunately, on one of the coldest days of the year so we have rebooked this one for the middle of July - a warm sunny day hopefully - and we look forward to you joining us for a fun, relaxed afternoon.

Please telephone **0161 833 0217** to book a place.



Carers Week will be held between 13th and 19th June 2011. The theme this year is 'The true face of carers'.

For more information about national events please see the website www.carersweek.org

Salford Carers Centre will be issuing a bulletin in May for Carers Week with details of local events - so if you know of, or are planning any local events, please send us the details as soon as you can so that we can promote them in the bulletin.



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Healthy Heart Clubs update

Salford Heart Care clubs operate in areas that have been identified by NHS Salford as having a high incidence of heart disease. The drop-in sessions are a source of relaxation, support and information. At Salford Heart Care we believe in 'self care' and we help our members to gain the confidence they need to lead a normal life through a combination of support from volunteers and professionals.

On Tuesday 12th and 26th April between 10am and 12 noon, Salford Community Health NHS will be offering **FREE** carers health checks at our Eccles Healthy Heart Club (Patricroft United Reform Church Hall, Franklin Street, Eccles M30 0QZ). For more information about Salford Heart Care please contact Serena or Jean on **0161 707 7402** or email:

branches@salfordheartcare.co.uk or visit the website

www.salfordheartcare.co.uk



'Duties to Care' Dementia Project

Do you care for a person with dementia?

Would you be interested in taking part in a study looking at carers' experiences of dementia care and services?

Researchers at Keele University are looking for carers to complete a 'Caring for People with Dementia' survey. If you would like more information or would like to complete a questionnaire please contact Dr Rosie Harding, telephone **01782 734353** or email: r.harding@law.keele.ac.uk

Feedback about Carers Support Service

A big thank you to all the carers who recently took the time to send in their feedback about the support they received last year from our carers support worker, Andrea Libman.

Andrea works in specific areas of Salford, providing support to carers referred by GP practices in Little Hulton, Broughton, Lower Kersal and Irwell Riverside.

30 carers completed feedback forms. Initial analysis of their responses shows that carers feel the support has helped to improve their health and wellbeing.

Comments include:

- "I was at a loss at how to cope before I had support from the carers centre."
- "I wasn't sure what help I needed but you pointed me in the right direction."
- "Your support has made me feel like I was not alone with my caring role."

After a prize draw, two carers were chosen to receive £10 gift vouchers. Mrs Bell said "I am very pleased! I have never won a prize before". Mr Hardman was also surprised and delighted to win a prize.

New 'Pharmacy Finder' texting service

Many carers say they really value the services provided by their local pharmacist, not least because they can call in and get expert advice on a wide range of minor illnesses and ailments, as well as medications and side-effects. But what happens if you want to visit a pharmacist while you're away from home and need to know where the nearest one is located? The answer - if you're in the UK - is to use a new NHS 'Pharmacy Finder' texting service.

How the free text service works

Just text "pharmacy" to **64746** and you'll receive three free texts with the name, address and telephone number of your three nearest chemists. And as the service makes use of global positioning satellite (GPS), it doesn't matter if you are in Salford one day and Stockport the next.

As Winton Pharmacist and Vice Chair of the Local Pharmaceutical Committee, Varun Jairath, explains: "This is a really simple and effective service. I'd recommend that everyone saves this number to their contacts."

The Pharmacy Finder service is part of Choose Well, a national campaign that encourages people to make best use of the NHS. In particular, it highlights the role pharmacists can play in providing expert and confidential advice and treatment. For more information about choosing the right NHS service in your area, go to www.salford-pct.nhs.uk and click on 'Choose Well'.

Salford Independent Living Partnership Board

Salford Independent Living Partnership Board, the commissioning board for sensory and physical disability services in Salford has vacancies for voluntary representatives.

- Do you have a view on Physical & Sensory Disability Services in Salford?
- Are you interested in shaping the physical and sensory disability services?
- Would you like to speak up on behalf of people with physical & sensory disabilities and their carers?
- Are you a Salford resident?
- Are you someone who uses physical and sensory disability services or do you care for someone who does?

Yes? Then you can get in involved in the Salford Independent Living Partnership Board and help with decisions about the delivery of services in Salford. If you would like more information please contact Di Critchley, User Development Worker for Physical & Sensory Disability. Telephone **0161 793 3833**

'Don't be a Cancer Chancer'

The 'Don't be a Cancer Chancer' campaign will run in Salford from May to July. The aim of the campaign is to raise awareness of the signs of breast, bowel and lung cancer and to encourage people to go to their GP. The campaign will run in Langworthy, Broughton, Barton, Winton and Little Hulton and will target the over 50s.

NHS Salford are currently recruiting Cancer Champions - ordinary people, who will spread the awareness raising messages during the three month campaign period. There's no need to have any prior knowledge of the topic. If you would like to get involved please call Kuiama Thompson, Public Health Manager, NHS Salford.

Telephone **0161 212 4919**

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Taking care of the carer – a weekend break

Every year Lancashire Adult Learning runs a number of residential courses for unpaid carers at Lancashire College in Chorley.

These weekends are a valuable opportunity for carers to relax and take a well-deserved break, with meals and accommodation included.

The next weekend is 13th to 15th May 2011 and includes T'ai Chi, healthy eating, grow your way to 5 a day and Indian Head massage.

The course has been specially designed for unpaid carers and costs £123 (which includes accommodation, meals, tuition and course materials).

For more information please contact Donna Galway at Lancashire Adult Learning on **01257 516325**

www.lancashirecollege.com

Carers Allowance to stay as a separate benefit

The Princess Royal Trust for Carers Chief Executive Carole Cochrane and Anne Roberts, Chief Executive of Crossroads Care, issued a joint statement when it was announced that Carers Allowance would not be being changed as part of the new reforms to welfare benefits the statement said:

"Carers will be breathing a sigh of relief when they learn that the Government is not scrapping the Carer's Allowance. Not only does the benefit provide many carers who are forced to give up work to care with an independent income, it also recognises their essential role in society. The impact on family incomes because of other benefit changes, however, remains a deep concern. Carer's Allowance does need to be improved and uprated, however. Currently paid at £53.90 per week, it has been recognised by the Government as being the lowest benefit of its kind and does not alleviate poverty. We recognise the difficult economic situation the country it facing, but continue to call on the Government to increase Carers' Allowance at the earliest possible opportunity."

Self care for you (made easy)

A short course is now on offer for adults with learning difficulties/disabilities about staying healthy. It runs over 3 sessions, with each session lasting one hour. The dates of the sessions are 27th April, 4th May and 11th May - all starting at 11am at Pendleton Gateway. Carers can attend if desired.

The course helps people to make healthier lifestyle choices through diet, exercise and emotional well being. If you would like to attend or want more information please contact the Self Care Team **0161 848 0918** or email: selfcare.education@salford.nhs.uk

Young Carers and Young Adult Carers

Salford Young Carers Newsletter Group

The last few months have been really busy for the Newsletter Group with the publication of the first edition of their new look publication (Spring 2011 edition).

The newsletter will be sent out to the young carers registered with the centre as well as health and social care professionals. Well done to the group for producing a great new newsletter style and also congratulations on being successful in getting some funding to purchase equipment including printer and camera to help them in producing future editions.



Young Carers Forum article in Nursing Magazine

Following the success of members of the Forum attending and presenting at the 'Young People and Mental Wellbeing' conference at the University of Salford back in December, the group are the subject of an article being written for an International Nursing Magazine. Watch this space for more details of when and where it will be published.

Young Carers 10th Anniversary

Friday 18th March saw the rescheduled Young Carers Anniversary event which had to be cancelled due to the weather just before Christmas. This event was for the older young carers and even though held in March also coupled up as their Christmas do as well. Full story and photos in the next edition.

Young Adult Carers - Facebook pages

The Salford Young Adult Carers Project is now on Facebook. Search for "YAC Salford Carers" and request to be our friend! We post resources relating to carers' issues as well as information about what's going on locally. We are also trying to develop links to other local organisations that may be able to offer sources of support. So, if you work for a Salford organisation supporting young people or carers' issues, we would love to hear from you too. So far, we have helped one young adult carer with housing issues and one to find a theatre project to get involved with, all through the power of Facebook. And we have only been online a month or so!

Calibre Audio Library



Do you love books but struggle to read, perhaps because of sight problems or dyslexia, or because it's getting difficult to hold a book or turn the pages? If so you might like to try books from Calibre Audio Library. Calibre provides a free postal lending library of audio books. It's a nationwide service, with 19,000 members and all our books are recorded unabridged. You can listen to your favourites, at home or on the move and as one member commented:

'With a book I'm completely free. I can go anywhere and be anything I want!'

As it is a postal service, you can exchange your books as often as you like and with over 8,000 titles in the library you'll never run out of new books to read. The choice includes the latest bestsellers, classic fiction, detective stories, romances, and popular non-fiction like biography and travel. There's also a Young Calibre collection for under-16s. Best of all, there's nothing to pay- no subscription, no fines, no postage costs and no charge for lost or damaged books.

Books are available on MP3, digital format CDs, USB memory stick and Calibre members with sight loss can also receive them on cassette tapes. If you would like to know more, or if you are interested in joining the library, just phone **01296 432 339**, email: enquiries@calibre.org.uk or visit the website www.calibre.org.uk

Start in the Park

Start in Salford is an Arts and Wellbeing centre which has a horticultural project operating within the grounds of our building, but due to an increase in demand for this activity Start has expanded their project and in partnership with Salford City Council are setting up a community growing space within Buile Hill Park.

The 'Start in the Park' project aims to transform an unused park space into a thriving community growing space providing a range of opportunities for training, education, community activities and volunteering for local people/groups. There will be events and open days to promote health and wellbeing, horticultural training in all aspects of growing and setting up a growing space.

The 'Start in the Park' project will be launched in April but should anyone be interested in being involved please contact Bernadette Conlon at Start in Salford on **0161 351 6000**, email: bernadette.conlon@startinsalford.org.uk or visit www.startinsalford.org.uk

Carers article in Mental Health Practice Magazine

Steve Hindley is a Trustee at Salford MIND and also a carer. He gives lectures on his experiences and has recently had an article published in Mental Health Practice magazine (February 2011; Volume 14; Number 5). The article reflects on the standard of care he and his late wife received from the mental health care system and how things can be improved.

The next edition of the newsletter will be published and mailed out at the beginning of August. If you have any articles, news or items that are relevant to carers, please submit a brief article (in word format) to:

carerscentre@salford.gov.uk by the next deadline date of Friday 27th May.

(The newsletter will cover events from August to November)

We value your feedback – so please let us know what you think of the newsletter.

You can email comments to: carerscentre@salford.gov.uk

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

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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.