



The Princess Royal Trust
Salford Carers Centre

Salford Carers News

november 2011



Young carers present their work at Oxford - see p8

**CARERS
RIGHTS DAY**

**Friday
December 2nd**

Carers Creative Arts Course - see p11

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Caring for carers

IN Salford



Hello, and welcome to our final newsletter for 2011!

In the last newsletter we asked for new carers to join the Carers Centre Advisory Group and we are pleased to report that three new carers have expressed an interest in joining the group and we are looking forward to our first meeting.

We have recently produced an evaluation of the Carers Personal Budget scheme and a summary of the report is produced on page 6. It is clear that Carers Personal Budgets are really appreciated and valued by carers and that carers feel that it improves their sense of wellbeing and sustains them in their caring role. Many other Local Authorities have introduced Carers Personal Budgets – with a number using the Salford model as a basis for their own scheme.

This year has gone by so quickly! It has been an eventful year for Salford Carers Centre. We began the year not knowing what impact the reduction in Government finances for Salford City Council would have on the funding that it gives to the Carers Centre. Luckily we were able to maintain our services, but as the year draws to a close, we once again face potential changes. However, the Council and Primary Care Trust has expressed continued support for carers services, young carer services and carer's personal budgets – so we have every reason to be optimistic.

Looking back we have had some great events this year – beginning with the new year Winter Warmer at La Sallian Restaurant – followed by another visit during Carers Week. We held some great sessions working with START Art, a talk on Wills and Trusts as well as Colour and Image sessions – just to mention a few.

The young carers service has also had some great events – which include finally being able to celebrate its 10th Anniversary Year in March after being snowed out last December, and more recently, the young carers had their work highlighted and recognised in an article published in the International Journal of Mental Health Nursing (see further information about the outcome of this work on page 8), as well as some great trips and residentials to give young carers a break.

Staff at the Carers Centre have continued to work hard all year alongside our colleagues and partners across agencies. It has been a challenging year for all of us – and next year will be no different. This being the case, it is important that we continue to work to support carers who are the mainstay and foundations of care and support in the city.

On behalf of all of us at the Carers Centre I would like to wish all of our partners, and especially all carers, a very merry Christmas, and a happy, healthy and prosperous 2012.

Best wishes

Dawn O'Rooke

Carers Centre Manager



Being an older carer can have a devastating impact on your health

Deteriorating health, having to cancel operations and worrying about what will happen to your loved one when you're gone is the reality for older carers, according to new research from The Princess Royal Trust for Carers. More than one in eight people aged over 60 is a carer and almost 70% of the older carers in the survey said caring had a negative impact on their physical health and an equal number said it also had an adverse effect on their mental health. The report: Always on Call, Always Concerned, surveyed 639 older carers (aged 60-94), who look after a sick or disabled family member and found that 65% of older carers have long term health problems or a disability themselves. The results of the survey show, very clearly, that older carers are battling ill health caused by their caring role. Many reported cancelling a treatment or operation for themselves because of their caring responsibilities.

The Princess Royal Trust for Carers is calling on local authorities and local health providers to give greater recognition to the benefit of supporting older carers, including campaigning for easily accessible, comparatively low-cost preventative services at local level which can improve the lives of carers. Examples include: calling on GPs to offer a physical health check to older carers once a year, screening for depression at least once a year, home visits to carers if necessary to fit around their caring role and making hospital appointments flexible to meet the needs of carers. If you know of an older person who is caring for someone please ask them to call Salford Carers Centre on **0161 833 0217** and we can send them an Information Pack and can refer them to the Carers Support and Information Workers team for advice if they have caring concerns or worries.

Older Peoples Development Board – members required

Salford's Older People Development Board has vacancies for Service User and Carer representatives.

- Do you use services for older people in Salford – or care for someone who does?
- Do you want to get involved in having a say and shaping these services for older people?
- Do you want to represent the views of others?
- Do you want to give us your views of shaping services for older people in Salford?



For more details please contact Caroline Allport (Development Worker for Older People) telephone **0161 793 2209** or email caroline.allport@salford.gov.uk

Disability, Independence and Welfare Reform

Significant concern has been voiced by a number of carer support organisations about the lack of assessment of the impact on carers of the Government's plans for welfare reform, particularly as they come hard on the heels of cuts to social care services. Eligibility for Carer's Allowance has not been established in the Personal Independence Payment, which is the proposed replacement for Disability Living Allowance (DLA). The addition of the proposals to cut the DLA budget by over £2 billion may result in significant numbers of carers losing Carer's Allowance. The introduction of a household benefit cap could also hit families hard, particularly those with caring responsibilities in addition to looking after their own children.

Despite repeated requests for more information as to how these changes will affect carers, from organisation such as Carers UK and the Princess Royal Trust for Carers, it is still unclear how carers will be affected by some of the proposals. There are real concerns that substantial numbers of carers moving onto Universal Credit from means-tested benefits may lose their 'earnings disregard'. The same applies to 'passport' benefits such as free school meals, and many families may also lose support with travel. It has been argued by carer organisations that there is a need to determine any impact of the proposed reforms on carers who work. Carers UK said, "Carers juggling caring with small amounts of paid work must not be penalised by the removal of passported benefits, as this would create further barriers to carers remaining in, or returning to work".



Carers Rights Day 2011

Money Matters



The theme for this year's Carers Rights Day is 'Money Matters' and encourages all carers to access the financial and practical support they are entitled to. New research from Carers UK showed that an estimated £840 million in carer's benefits were going unclaimed because carers weren't getting the advice and information they needed. Caring can mean huge additional costs and bills at the same time as many families are coping with reduced incomes from giving up work, reducing hours or retiring early to care. This financial support matters in order to buy necessities, but also matters for carers' health, as the stress of struggling to make ends meet can take a huge toll on carers' health.

Salford Carers Centre will be supporting Carers Rights Day on Friday 2nd December with a carer awareness event at Salford Royal Hospital, raising the profile of carers and promoting the 'carer awareness' message throughout the hospital to remind staff and professionals to refer carers to us for information, advice and support.

What every carer has the right to know:

- You can get practical support to help you care
- If you're in employment you can ask for flexible working
- You and the person you look after could be entitled to benefits
- You can request a free flu jab from your GP practice
- You may be able to get help to adapt your home
- You can request a Carers' Assessment for yourself, even if the person you care for doesn't want help

You don't have to call social services to get help for free, independent advice, call the Carers Centre on **0161 833 0217**

Advice and Information about benefits or money matters

Given the recent report from Carers UK about an estimated £840 million of unclaimed benefits for carers and the theme 'Money Matters' for Carers Rights Day this year, many carers don't need reminding that benefits are a complex area and finding out what you may be entitled to or filling in the forms can be confusing. If you would like more advice or help there are several places locally that you can contact:

- **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 can call you back, or look at the information online at www.salford.gov.uk/welfare/rights

- **Salford Citizens Advice Bureau**

The Citizens Advice Bureaux advisers are available from Monday to Wednesday between 10am and 3.30pm. Telephone **0844 826 9695** or visit the website www.salfordcab.org.uk

- **Salford Carers Centre Support and Information Workers** may also be able to help – call **0161 833 0217** and we will get back to you.

The Carers Centre has a free booklet entitled 'Am I a Carer? – A carers guide to benefits'. If you would like a copy please contact the Centre.

Other websites:

- **The Princess Royal Trust for Carers** has a comprehensive money and benefits section on their website. Go to www.carers.org/money-benefits



- **Carers UK has a website and advice line.** Go to www.carersuk.org/help-and-advice/help-with-money. Or call the advice line **0808 808 7777**.
- The **Direct.gov** website has information about caring, support services and money matters. Go to www.direct.gov.uk/en/CaringForSomeone/index.htm
- **The Benefit Enquiry Line** freephone number **0800 882 200** provides advice and information for disabled people and carers on the range of benefits available. The person taking your call will not have your personal papers but will be able to give you general advice. Please visit the Directgov website to learn about these benefits first (see above).
- **The Carer's Allowance Unit** provides information regarding Carer's Allowance, the main state benefit for carers, including eligibility and how to make a claim. Telephone **0845 608 4321**.
- **The Attendance Allowance and Disability Benefits Helpline** can be contacted on **08457 123 456**.

Salford Debt Advice Service

If you need advice, information or assistance with your debt problems you can phone the Debt Advice Line on Freephone **0800 345 7323** on Monday, Wednesday and Friday between 1.00pm and 4.00pm (Voice or Minicom and access to interpreters are available) or see the website www.salford.gov.uk/welfare-contact.htm

New Specialist Support Worker at Salford Carers Centre

Salford Carers Centre has secured funding for a new carers service providing specialist support for people who are caring for someone with a chronic drug or alcohol problem. It has been recognised that carers and families of those who have significant drug or alcohol problems need a service to support them in their own right. The service can provide support by addressing the carers concerns and can offer information and advice on a range of topics including welfare rights and benefits. Based at Salford Carers Centre and jointly funded by the Princess Royal Trust for Carers and Salford Drug and Alcohol Action Team, Claire Leamy has been appointed as the specialist support worker to work exclusively with these carers. Claire has asked staff and professionals, including GPs, who work with drug and alcohol service-users and/or their carers to contact her and any organisations who can link with the project for partnership working are particularly welcome.

If you would like to refer to the service, or require any further information, please contact Claire on **0161 833 0217** (Mondays to Wednesdays) or email claire.leamy@salford.gov.uk





What Carers think about the Carers Personal Budget Scheme?

At the end of June, we wrote to everyone who had received an award from the Carers Personal Budget Scheme between September 2010 and the end of March 2011 (over 260 carers) to ask if they thought that it had supported them as carers and why. The replies were overwhelmingly positive and we had a phenomenal 73% response rate!

In the main, carers spent the money on a holiday or short break, many bought a subsidised gym pass, beauty therapies or computers, with a number spending the funds on the garden. However, there were examples of more unusual purchases, which included a personal development course, seminars, a fish tank and fish. All recipients said that they had benefited from the budget. A lot of people spoke about the funds actually making a break possible or enabling them to purchase equipment, which would have been impossible otherwise. Many spoke about having time for themselves, and recharging batteries.

- "I was able to read about people with similar problems to myself." (Carer who used budget to buy a laptop)
- "Somebody helped me!"

In terms of health and well being 71% of carers felt the budget had benefited them in terms of health, 70% in terms of well-being and 59% socially. Many people spoke about having the opportunity for time for themselves, being able to get away and relax, the benefits of a change of scene, and to be cared for themselves. Others wrote about having something to look forward to, socialising, meeting new people when on holiday, pursuing hobbies and peace of mind. Those who had bought gym passes or Wii programmes described the benefits of exercising more and having an overall improvement in health, which included losing weight, improving confidence, feeling good and relieving stress. In the case of those who had purchased laptops they spoke about the benefits of communicating with friends and family or the outside world.

Many carers said the breaks helped them to be better carers and others related the benefits they experienced through being able to purchase items to pursue their hobbies.

- "Not so much physical health but mental health definitely. Cooking relieves my stress and alleviates my depression."
- "Added another dimension to my life, apart from work and caring." (Carer who used budget to pay for beauty treatments).
- "I now have an interest that I can do at home when my son is being OK, plus my son (disabled) likes it. I also meet others with same hobby."

All but one respondent said that they felt that the budget helped sustain them in their caring role and a lot of carers told us that it helped ease the financial burdens they experienced and felt that they were able to have something for themselves.

- "The carers' personal budget has been a special gift for me."
- "It has helped me to think that someone is thinking about me for a change."

If you think you may benefit from, or be eligible for, a Carers Personal Budget, or would like to know more please contact Salford Carers Centre on **0161 833 0217**.

**We value your feedback – so please let us know what you think of the newsletter.
You can email comments to carers.centre@salford.gov.uk**

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.



"All I could think about was how on earth my Dad was going to cope."

When 57-year-old Steve came down with the flu one day last winter, it wasn't just his own health he was worried about. For Steve lives with his 87-year-old father, who for many years has relied on him for help and support. "There I was, lying on the settee, aching all over and struggling to keep my eyes open and all I could think about was how on earth my Dad was going to cope, Steve explains. "What's more, I'd been due to do the weekly shop at the supermarket so there was hardly any food left in the house. And even though Dad wanted to help, there's no way he could have coped with going to the shops on his own."

Steve's worries didn't stop there, either. His Dad also depends on him for personal care such as bathing and dressing. And due to a serious renal condition, his father has been fitted with a catheter and relies on Steve to change his catheter bag regularly. "I've never felt so ill in my life before," says Steve. "In the end, I had to ask my 84 year-old Auntie for help. Her daughter was also able to step in after a couple of days as well, but it wasn't easy because she has a family of her own to look after." Looking back, Steve is shocked by how badly the flu affected him and is keen to make sure he gets vaccinated from now on. "Every year, without fail, I take Dad to have his flu vaccination," he says, "but I'd never thought about how important it was to get one for myself as well. I guess I've learned the hard way."

Footnote: If you look after someone who can't get by without your help, you're entitled to request a free flu jab. Ask your GP practice for details as soon as possible.



Carers' stories and pictures required

The Carers Centre would like to know if there are any carers who would be happy to provide their carer stories and/or have their photographs taken for publicity campaigns such as those organised by Salford City Council, or for carer awareness events and training. For example, we have recently been asked if there are any older carers who would be willing to have their photographs taken which would then be used on Salford City Council's internet pages and other publicity material.

If you would like to get involved in helping with future campaigns or telling your stories of 'what it is like to be a carer' please let us know. For more information please contact Helen Hills on **0161 833 0217**. Please note: we won't forward your details to anyone else without asking your permission and discussing the request first.

Supporting carers could save billions to the public purse

A lack of support for carers is costing this country billions of pounds every year, according to a new report: 'Supporting Carers: The Case for Change' from the Princess Royal Trust for Carers and Crossroads Care. The report shows that increasing support for carers not only improves the health and wellbeing of patients and recipients of care, but also improves the health and well-being of carers. It also reduces unwanted admissions, readmissions and delayed discharges in hospital settings as well as reducing unwanted residential care admissions and length of stays. The report also includes examples of services such as breaks, counselling and training courses that have been shown to be successful in helping carers maintain their health and quality of life and that of the person they care for.

You can download the full report from the Princess Royal Trust for Carers website www.carers.org/sites/default/files/supporting_carers_the_case_for_change.pdf

Supporting Carers: The Case for Change





Young Carers Forum present their work at an Oxford University conference!



On Wednesday 28th September, Young Carers Forum members Toni and Emma travelled down to Oxford to give an important presentation to nurses, university lecturers, and other people working in the field of Mental Health, about the caring roles and mental well-being of young carers. They boarded a train at Manchester Piccadilly and endured a long journey with Paul and Jemma down to the historic city. There wasn't much time to enjoy the scenery though, as they spent the day practicing, then delivering, their presentation. Emma and Toni explained how caring for individuals with mental health issues can sometimes take its toll on the well-being of a young carer, making them feel exhausted and low in mood. They also explained how frustrating it can be when young carers look after family members all the time at home, but are ignored by health professionals such as doctors and nurses when the person they care for becomes ill. The young carers told the audience that they wanted healthcare professionals to listen to them, involve them in decisions about the person they care for, and make sure young carers are kept physically and mentally healthy. 'Young carers are tired of being ignored!' The audience asked lots of questions, which Paul, Toni and Emma were able to answer fully and everyone seemed really interested in the presentation and what they had to say. Hopefully this information will encourage healthcare professionals to think about listening to, looking after, and involving young carers in their work. The day was long, but a great success, and Toni and Emma did a fantastic job of representing young carers in Salford (and nationwide), who want to be heard. VOCAL, the Forum for Young Carers are continuing to work hard to make sure young carers are listened to by professionals. They have designed a poster about young carers' issues, which will be presented at another conference in South Africa (although sadly only the poster will be flying over there, not the Forum members).

A photograph of Toni and Emma (pictured above) at Oxford University is featured on our front page!

X factor Judge has been a carer since she was a young child

Tulisa Contostavlos is best known for being the girl in the pop band N-Dubz and, more recently, a judge on the X-Factor. But not so many people know that she is also a carer for her mum who has suffered from mental ill health since before Tulisa was born. In a recent documentary for BBC Three, Tulisa found out what life is like for some of the 80,000 other young people in Britain caring for a parent with mental health problems. Drawing on her own experiences, which included seeing her mum admitted to psychiatric care when she was five years old, Tulisa met other young carers to explore the day-to-day realities of living with a mentally ill parent. Tulisa found that whilst effects can be overwhelming and often endured with little outside support, there is help available - notably young carers groups. If you know someone who might be a young carer, please get in touch with the Young Carers Team at Salford Carers Centre on **0161 833 0217**.



Carers Centre Christmas get-together

A chance to enjoy a concert by the Young Musicians from Chethams School of Music



The Carers Centre will be holding a Christmas get-together for carers on Tuesday 6th December. This year we are happy to be able to present a festive event with a difference! We are offering carers the chance to enjoy a music concert by the Young Musicians from Chethams School of Music. The concert is hosted and organised by the University of Salford, and is scheduled for early afternoon at a venue close to the Carers Centre. Please note that this is a ticketed event and carers must apply in advance. A letter is enclosed with this newsletter and if you do want to attend you should complete and return the reply slip, which accompanies the letter. Please do not contact the Carers Centre about the event as details have yet to be finalised and telephone bookings will not be accepted.

Opportunity for carers to visit the Disabled Living Centre

Salford City Council and Disabled Living, a disability equipment charity, have teamed up to bring a huge choice of equipment and advice to carers and disabled people to help make their lives easier and increase their independence. Bringing together a range of equipment under one roof, from small aids such as raised toilet seats and grab-rails, to larger items such as mobilised scooters, special mattresses and armchairs, will enable people to get everything they need in one place. The Centre includes demonstration areas for each room in a home, to enable people to try out different equipment and adaptations and see how they would work in their own homes.

The Carers Centre has booked a visit to the new Disabled Living Centre in Salford on the morning of Friday 20th January. The timetable is:

10.30 am – arrive at the Disabled Living Centre for biscuits and a brew

10.45 am – talk by Debra Evans (Chief Executive) about the centre

11.00 am – talk by a member of the Occupational Therapy team

11.15 am – tour of the facilities and equipment

Following the tour there will be the chance for carers to chat to Disabled Living staff about specific enquiries and/or book individual appointments to visit the centre with their cared-for person. Staff from the Carers Centre will also be available to chat to for advice and information.

Call Salford Carers Centre on **0161 833 0217** to book a place. Please note: this visit and tour is for carers only. If you wish to visit the Centre with the cared-for person you can contact Disabled Living directly to book an individual appointment.

Disabled Living, Burrows House, 10 Priestley Road, Wardley Industrial Estate, Worsley, Manchester M28 2LY. Website: www.disabledliving.co.uk



Disabled Living

Practical solutions supporting disabled adults, children & older people

Follow up from the Information Corner article last month on Hospital Fares:

This response is from Richard Bundy, Principal Officer, Welfare Rights & Debt Advice, Salford City Council:

"I notice that the September 2011 edition of the newsletter discussed the help available from the Social Fund for hospital travel costs for visitors. Under Universal Credit (currently travelling through Parliament within the Welfare Reform Bill) this help will be abolished. It is proposed to transfer funds over to local authorities to pick up the cost of needs currently covered by 'Community Care Grants'. Effectively this marks the end of the old 'single payments system' and any government assistance with periodic 'lump sum' needs. Funds will not be ring-fenced and there is no duty on local authorities to deliver a similar scheme or indeed any scheme whatsoever. The Government is currently in discussion with local authorities on the administrative aspects of this transfer. I have not been able to discover who, within the authority, is giving this consideration."

"You may wish to alert carers to the situation and, though the formal government consultation period has passed, they may wish to lobby for the position of carers likely to be affected by this move".

Footnote: Dawn O'Rooke, Manager of SCC, brought this to the attention of members of the Standing Commission on Carers, and some lobbied their MPs as a consequence. For further information go to www.dwp.gov.uk/consultations/2010/social-fund-reform/

Bereavement Services

Bereavement
Advice Centre
What to do when someone dies



The Bereavement Advice Centre

The Bereavement Advice Centre is a free helpline and web-based information service provided by ITC (Independent Trust Corporation). They give practical information and advice on the many issues and procedures that are faced after the death of someone close. The Bereavement Advice Centre has a national helpline, email and website service providing practical information, advice and signposting for bereaved people or those expecting bereavement. They also take enquiries from professionals and volunteers who support individuals and families.

The Bereavement Advice Centre helps many people every day and aims to give straightforward, useful advice when you need it. Find out more on the Bereavement Advice Website at www.bereavementadvice.org or telephone **0800 634 9494**.

The Department of Work and Pensions (DWP) Bereavement Service

There is a new national service for a partner or next of kin reporting the death of someone who was claiming benefits. It has been running since March 2011.

In one single call the Department of Work and Pensions (DWP) can:

- Collect all the information they need about the deceased person
- Check if the caller may be entitled to benefits
- Take claims for bereavement benefits or a Funeral Payment
- Make changes to State Pension

For further information the DWP Bereavement Service can be contacted on **0845 606 0265** or text phone **0845 606 0285**.

Footnote: this is separate to the local Tell Us Once service which allows people to notify central and local government services about a death.



Get Me Toasty in Salford

Get your home lovely and warm and toasty and cut the cost of your heating bills with FREE insulation! Salford City Council has joined forces with the Energy Saving Trust and the nine other Greater Manchester councils to bring you the 'Get Me Toasty' home insulation scheme. Together, they want to reduce harmful carbon emissions from Greater Manchester's homes, whilst helping you save money on your heating bills. The campaign is promoting loft and cavity wall insulation, which will help keep your home warmer. It means you can turn your heating down, which in turn could save you around £100 per year on your heating bills. Not only that, rooms warm up faster and there is also less chance of damp and condensation forming. For a limited time, if you own or privately rent your home you can get free* loft and cavity wall insulation. The scheme is accepting referrals now, so don't hesitate to apply. To refer relatives, friends or yourself, please contact the Energy Saving Trust Freephone advice line on **0800 512 012** or book a survey online at www.getmetoasty.com. Once registered, the householder will be contacted by one of the home insulation partners to arrange a free no obligation home survey to confirm what type of insulation is needed and if there are any technical difficulties. Once the initial survey has been completed, insulation works will follow shortly afterwards. Note: if you're a tenant of City West, Salix Homes or a housing association, you need to contact your housing provider directly if you think you need insulation.



*Subject to survey, offer based on an average-sized 3 bedroom semi-detached property with less than 60mm of existing loft insulation in place.

- **If you call the Energy Saving Trust advice line please mention that you saw the information in the Salford Carers Newsletter.**

Carers and Employment

A new report "Carers and Employment: Making a difference, realising potential" was jointly launched in July by Carers UK, Employers for Carers (EFC) and the Association of Directors of Adult Social Services (ADASS). The report is aimed at local authorities, employers and other local stakeholders who want to support carers in and into work and shows that joint working with employers at local level can have a real impact on helping to keep and recruit carers in their workforce. The report states that there are significant opportunities for different statutory agencies, including agencies as employers, and employers themselves to develop new and modern workplaces through supporting carers. A PDF version of the joint report can be downloaded www.employersforcarers.org/latest-news/item?247-employment-webinar-22nd-july-2011.

Kidz Up North

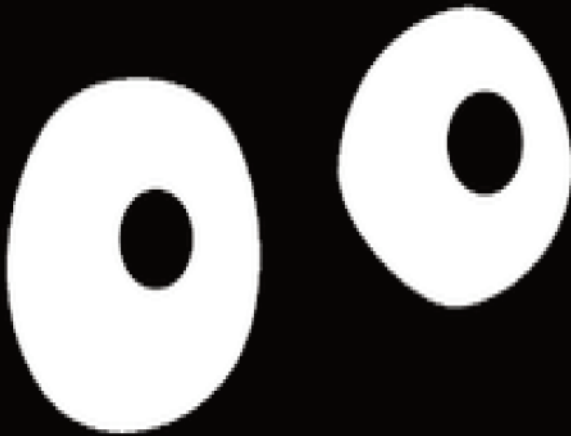
Kidz Up North is the largest, free, UK exhibition dedicated to children with disabilities and special needs, their families and professionals who work with them. The event will be held on Thursday 24th November at the Reebok Stadium Bolton. To request free visitors entry tickets or for more information please contact the organisers on 0161 607 8200 or visit the website www.kidzupnorth.co.uk

Creative Arts Course – a resounding success!



By the time you read this article the Creative Arts course we organised at the Carers Centre from September to November will have come to an end, but we can report that it has been a resounding success as you can see from the pictures on the front page and above. We would like to say a big thank you to Annette, one of the team from START Art, who facilitated the weekly sessions and encouraged and inspired all the carers to find their 'inner artist'! We suspect the group were having lots of fun too judging by the amount of noise and laughter coming from the meeting room and the artistic pieces of work – paintings and models which were being produced and taken home each week. We will be looking closely at the evaluation report in order to determine if 'creative arts' are one of the activities that carers benefit from and should this be the case we will look to find funding to organise more sessions in the future.

Still in the dark about what help there is for people who **look after** someone?



If you look after someone who can't get by without your help you may be missing out on benefits and services that could make life easier for you.

Find out more at the Carers Rights Day Information Event on Friday December 2nd from 10am - 2.30pm. Entrance 4 Salford Royal Hospital, Stott Lane, M6 8HD.

Or call Salford Carers Centre on 061 833 0217

Christmas Closure Please note that the Carers Centre will be closed over the Christmas period from Monday 26th December and the telephone lines will reopen at 9.30am on Tuesday 3rd January.

The Social Services Emergency Duty Team can be contacted throughout the Christmas period on **0161 794 8888**.

The next edition of the newsletter will be published and mailed out in March 2012. If you have any articles, news or items that are relevant to carers, please submit a brief article (in word format) to carers.centre@salford.gov.uk. The newsletter will cover events from mid March to May 2012.

Princess Royal Trust Salford Carers Centre

1 St Philips Place, Salford, M3 6FA tel: 0161 833 0217 fax: 0161 833 1992 email: carers.centre@salford.gov.uk
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