

Cheshire East

Carer Support


Incorporating Cheshire East

Parent Carer Information

& Support Service



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We Are Open!

We are excited to announce that the Crewe office is reopening from September 2020. We are busy putting the necessary measures in place to provide a safe environment for staff to work and carers to meet. You may notice a few changes too! Unfortunately we have had to say goodbye to Lisa Warburton who has left the organisation after 10 years but we welcome back Laura Holden who is now co-ordinating services in Cheshire East. Find out more about Laura on Page 2.

As you will see we are re-opening our services slowly and gradually as we know some of you will be eager to return to normality and some will be more cautious. We are excited to offer new services that will support you after this very difficult period. We also have some new ways for you to get in touch too:

a new email address for general enquiries cheshireeast@cheshireandwarringtoncarers.org and a new email specifically for parent carer enquiries parentcarersupport@cheshireandwarringtoncarers.org.

WELCOME



We hope you and your family are keeping well and have coped through this extremely difficult time. I don't think any of us could have imagined what 2020 would hold. We know that some of you will have experienced great sadness and loss - not just of loved ones but of routine, income and life as you knew it. We hope that you are now coming through the other side and able to return to some normality, even if it is a new normal that we are going to have to get used to.

Unfortunately we were not able to run many of the events we had planned at the start of the year and we have all had to change the way we work here at Cheshire and Warrington Carers Trust. You may also be aware that Lisa Warburton left her position in July as she has relocated to Scotland and we know she will be missed by all of you. However, I am looking forward to getting to know you in this new role of Carers Co-ordinator as I will be running and developing our services in Cheshire East. Some of you may remember me as I worked for the Carers Centre from 2008-2016, and I have also delivered music workshops at some of Lisa's Family Fun Days.

As we can now re-open and start to offer face to face services again, we are pleased to launch three new services for carers in Cheshire East thanks to funding from N-Compass. You will find information about these and events for families on page 4. As we reopen our office and resume activities over the next month, we hope to see you again in person soon, but please note all of the dates and locations may be subject to change if a further lockdown is issued, and we will offer online activities in their place. Email is the quickest and easiest way for us to keep you up to date so please do provide us with your email address if we do not have it already, and update us if it has changed. Stay safe and I wish you all the best.

Laura Holden
Cheshire East Carers
Co-ordinator



Autism Inclusive have moved!

Autism Inclusive offer a safe, non judgemental space for families and individuals to seek support, community and friendship in Crewe. They have recently moved from their unit in the Brierley Business Centre where we are based, to the Apollo Buckingham Health Science Campus Ltd (the old university buildings), Crewe Green Road, CW1 5DU where they have much more space for events and activities. Email contact@autisminclusive.org.uk for more details of their activities.

FINANCIAL SUPPORT



Managing money can be hard at any time but the extra pressure that Coronavirus has put on us may have made the situation worse. Don't be afraid to ask and if you are unsure you can do a benefits check or search for available grants at www.turn2us.org.uk.

The Money Advice Service give free and impartial money advice from debt to pension advice. You can call their helpline on 0800 138 7777 or use their online Money Navigator Tool at www.moneyadviceservice.org.uk.



The Family Fund help families across the UK who are raising a disabled or seriously ill child or young person age 17 or under. If you have not applied for a grant since 1st April 2020 then you can apply for play equipment, items for the family home, breaks and more. Visit www.familyfund.org.uk for more information.

Cheshire East Carers Hub offer the Living Well Fund for carers. Please note you can only receive this fund once to ensure it helps as many carers as possible. Call 0300 303 0208 to apply.

Green Doctor can provide advice and services and grants for vulnerable people which can reduce the cost of your energy bills. For more information contact 0808 168 3547 or email cheshire.greendoctor@groundwork.org.uk.

Fundraising News

We haven't had many opportunities for fundraising due to Covid-19 but we have had some very good news from our local Co-Op Member Pioneer in Crewe. Benn Minshall has informed me that Co-Op

customers have raised almost £3,800 through the community fund for us to support carers in Crewe. He is also working with us to provide other opportunities from the Co-op. We also have some good news regarding Carers Rights Day on Page 6.



Cheshire East Young Carers' Hub

If you live with a young person who helps to provide care and support, please contact us on 0300 303 0208 to speak with our Young Carers team for more information about how we can support them.



WHAT'S ON...



Please note all of the dates and locations may be subject to change if a further lock-down is issued, and we will offer online activities in their place. For more information and bookings call 01270 294897 or email cheshireeast@cheshireandwarringtoncarers.org.

Time for Me

Supported by
n|compass
towards a brighter future

These activities are aimed at carers of adults as part of our new Time for Me Service:

Wednesday 16th September - Meet up and walk in Queens Park Crewe

Thursday 24th September - Get Online! Basic training to get you connected on Zoom, Facebook and other virtual meeting applications - via Zoom

Wednesday 30th September - Amateur Photography Talk - via Zoom

Thursday 8th October - Visit to Dorothy Clive Garden

Monday 19th October - Relaxation Session - via Zoom

Thursday 12th November - Quiz Night - via Zoom

Tuesday 8th December - Christmas meal (pub lunch)

Time for Male Carers

These activities are aimed at male carers as part of our new project. We also have a new support group in Macclesfield on the 2nd Wednesday of every month (page 5).

September - Quiz night - via Zoom

October - Trip TBC

November - Live Music Night - via Zoom

December - Male carers Christmas meals as per Macc and Crewe Lunch groups

Time for Young Adult Carers

These activities are aimed at carers age 18-25 as part of our new project. We also have a new support group in Crewe on the 4th Wednesday of every month (page 5).

September - Cookery session - via Zoom

October - Outdoor activity TBC

November - Relaxation techniques

December - Christmas get-together

Activity Packs Available!

If you are shielding or self-isolating but would still benefit from a break from your caring role to try a new activity or make time for yourself we are offering pamper packs and craft packs for carers. You will be able to arrange for someone to collect one from our Crewe office or we can deliver them. Please enquire using the contact details above.

SUPPORT GROUPS



Pre-booking now required for all of our support groups due to limited numbers permitted.

Groups will begin week commencing from 7th September unless stated otherwise.

First Monday of each month - Parent Carer Social & Support group

Unit 1, Brierley Business Centre, Mirion Street, Crewe CW1 2AZ

10.00am - 12.00pm. All welcome - friendly informal group. Speakers & activities.

From 7th
Sept

First Tuesday of each month - Knutsford Carers Group Venue: TBC

Proposed start date 6th October 1.00pm - 3.00pm but venue currently unavailable, please register your interest for more information.

First Thursday of each month - Male Carers Lunch Club - From 1st October

Unit 1 Brierley Business Centre, Mirion Street, Crewe CW1 2AZ 1.00pm - 3.00pm

First Wednesday of each month - Parent Carer Social & Support group

Space Centre, 15-17 Mill Lane, Macclesfield, SK11 7NN 10.00am - 12.00pm. All welcome - friendly informal group. Speakers & activities. **From Wednesday 7th October.**

First Wednesday of each month - Macclesfield Carers Lunch Club - From 7th October

Brocklehurst Arms, Manchester Road Tytherington, SK10 2HA, 1.00pm - 3.00pm
£3 per person. Lunch. Speakers & activities. Pre-booking required.

Second Wednesday of each month - Parent Carer Social & Support group

Ruby's Fund Sensory Centre, Roe Street, Congleton CW12 1PG 9.30am - 11.30am
All welcome. Speakers, on-site café, sensory room and disabled facilities.

Second Wednesday of each month - Male Carers Lunch Club Macclesfield

Brocklehurst Arms, Manchester Road Tytherington, SK10 2HA, 1.00pm - 3.00pm
£3 per person. Lunch. Speakers & activities. Pre-booking required. **Starts 14th October.**

NEW!!!

Second Monday of each month - Carers Social & Support Evening Group

Poynton Methodist Church Hall, Park Lane, Poynton SK12 1RB 6.30 pm - 8.00pm.

Third Thursday of each month - Crewe Carers Group - from 17th October

Unit 1 Brierley Business Centre, Mirion Street, Crewe CW1 2AZ 10.30am - 12.30noon

Fourth Wednesday of each month - Young Adult Carers Support Group (age 18-25).

Unit 1 Brierley Business Centre, Mirion Street, Crewe, CW1 2AZ 6.30pm - 8.00 pm

NEW!!!

Support Groups are free of charge but we ask for a £3 contribution towards lunches. To help us to continue delivering support for Carers across Cheshire East we are grateful for donations and welcome any fundraising opportunities. If you are anxious about attending on your own please call us before hand, we have staff and volunteers who can support you and help you to feel welcome and relaxed. To pre-book your place please call 01270 394 897 or email cheshireeast@cheshireandwarringtoncarers.org.

PARENT CARERS



We hope to hold our annual Family Fun Day in October Half Term on Thursday 29th October at Alsager Leisure Centre. Please register your interest to be kept up to date with details as the venue has not yet fully reopened so we are unable to confirm plans.

We also plan to hold another event in half term on Monday 26th October in Winsford and an online Family Fun Day on Tuesday 27th October for children who are not able to take part in public activities yet.

We will hold 2 Christmas Party and activity sessions on Monday 21st December and Tuesday 22nd December, one in the north of the county and one in the south. We apologise that we do not have any further details than this but are sure you appreciate that many venues are still not yet open.

We also want to provide family activities for those who are not yet ready to venture out or mix in groups outside their own family bubbles/school. So we are offering activity packs that you can enjoy at home including Build-a-bear, Paint-a-pot, crafts and would be willing to consider other options.

We would also like to accommodate small low cost breaks, e.g. a family ticket to a farm park or cinema in place of a group event. This way we can still use our funding to provide you with a break but you can take it in your own time and in a way you feel comfortable. You will need to complete an application from us and provide receipts. To register for any of the above or make other suggestions email parentcaresupport@cheshireandwarringtoncarers.org or call 01270394897.

Take part in this online Carers Wellbeing Programme, Confidence To Care. Free, open sessions designed especially for Carers – just sign up to Zoom and put in the meeting code and password.



Keeping well whilst caring - self care, healthy living and looking after you.

Tuesday 8th Sept 11.00am -12:30pm

Meeting ID: 998 9800 6261 Password: 9ACMGn

How to plan care for the future - your loved ones preferred priorities for care

Tuesday 15th Sept 11.00am -12:30pm

Meeting ID: 917 9178 1127 Password: 479180

Caring for someone with Advancing Dementia - Admiral Nurse support

Friday 18th Sept 1.00pm – 2:30pm

Meeting ID: 930 6399 3004 Password: 003281

Be confident to care at end of life - how you can offer your loved one comfort.

Tuesday 22nd September 11.00am-12:30pm

Meeting ID: 970 2587 6304 Password: 362184

Support for your Caring Role - what other services and support groups are available?

Tuesday 29th Sept 11.00am -12:30pm

Meeting ID: 927 8193 1974 Password: 117390

Carers Rights Day & fundraising news

Help us celebrate the amazing role Carers provide in our local communities on Carers Right Day, Thursday 26th November. We are extremely grateful to have received funding from Macclesfield Round Table and David Crouch Building Ltd to provide an excellent event for all. We will also raffle off a hamper from Tesco Broken Cross to raise funds for Christmas events. Enquire for further details.

COPING THROUGH DIFFUCULT TIMES



It has been a tough year already but as we move into the winter months it can bring on anxiety for many of us, with a change in the weather and temperature, reduction in daylight hours and the ever nearing C-word. We will also have the added worry of trying to protect ourselves and our loved ones from Covid-19 as well as the usual coughs, colds and flu that are rife in the colder months. You might also find that while most of the country seems to be returning to normal, you can't or are worried about going out or meeting up with friends and family. And this could mean that the festive season won't bring the usual joy and merriment for you this year. Here are a few tips for taking care of yourself over the Christmas period.



Money may already be an issue for you this year. Be aware of your financial limits and don't try to carry on as normal if your budget does not allow and discuss with your family if you are worried they may be disappointed. Home-made items, plants (even cuttings from your garden), photographs or even a "baking lesson with Grandma" would be cheaper, practical and still enjoyable.



Look after yourself! Nap, rest and reserve your energy - to be emotionally available to the rest of your family you need to take care of yourself.



Turn down the noise and the lights - there can be so much stimulation during the festive season, bright light, TV blaring, music everywhere, it may become too much for you and the person you care for and could be the cause of bad moods, unsettled behaviour and tiredness.



Confide in someone and don't be afraid to ask for help if you need it. And if you can't speak to a friend or family member there is other support available. Call our **Carers Helpline** on 0800 102 0008 or contact one of these organisations who can help.

- **Just Drop-In** offers free, confidential counselling by appointment, to anyone aged 12-24. Email hello@justdropin.co.uk
- **Swans** offer low cost mental health support for adults and children. Email swans-cic@outlook.com
- **Contact for families with disabled children** offer a Listening Ear service - free one to ones for parents feeling overwhelmed. Visit eventbrite.co.uk and search "contact listening service" to book a free session.

Caudwell children have created The Get Sensory Pack to provide affordable sensory equipment to support disabled children during this especially difficult time. These packs are available to children who have a confirmed disability or chronic illness. The pack has been designed to support children living with a wide range of disabilities who are likely to benefit from sensory resources. You can apply for a pack here www.getsensorypacks.com

HELPFUL INFORMATION



Space4Autism

15-17 Mill Lane,
Macclesfield, Cheshire,
SK11 7NN



Workshops
Drop In
Employment Programme
Movie Nights
Family Fun Days
Tech Sessions
After School Club

Occupational Therapy
All Age Social Clubs
Yoga and Mindfulness
Art Therapy
Football Carer Support

S4A Café
Cookery Classes



CARE FOR CARERS Cheshire East

Support is available to you despite the COVID 19 restrictions.



Are you a young or adult Carer?
Or do you know someone with caring responsibilities who may benefit from a free confidential counselling service?

Working with accredited and approved Counsellors we can support you to access up to 6 one to one sessions.

Counselling offers you the opportunity to talk about your feelings and thoughts in a safe and confidential space.

If you would like to hear more about how to access this service then please get in touch with email, telephone or visit our website.

0300 303 0208

(Calls are charged at local rate)

enquiries@cheshireeastcarershubs.co.uk

www.cheshireeastcarershubs.co.uk



n-compass is registered in England and Wales as a Registered Charity No. 1128809 and as a company limited by guarantee No. 06845210.

Open Monday - Thursday 10-6pm
(School holiday times vary)

To find out more drop in or email:
Info@space4autism.org

01625 617884 | www.space4autism.com

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OUR CONTACT DETAILS

Office visits available Tuesday 10.00am-12 noon by appointment only

Web: www.cheshireandwarringtoncarers.org Phone: 01270 394897

Email: cheshireeast@cheshireandwarringtoncarers.org

Helpline: 0300 102 0008

Cheshire East Office: Unit 1 Brierley Business Centre, Mirion Street,
Crewe CW1 2AZ

Head Office: 146 London Road, Northwich CW9 5HH

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