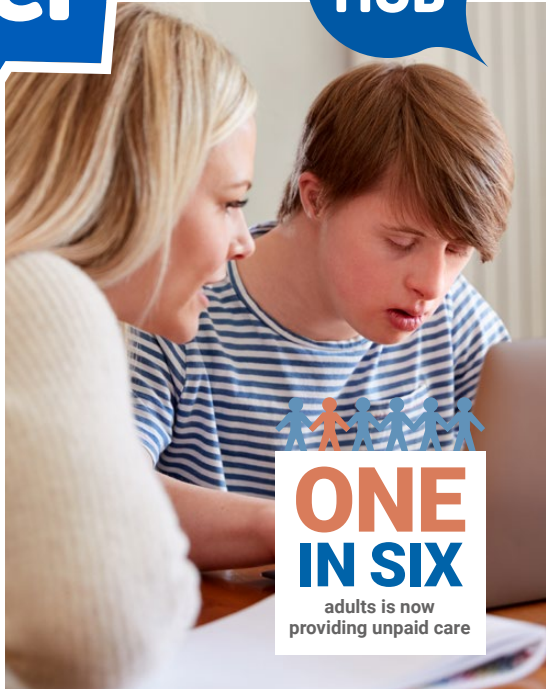


Autumn Edition 2021

**Cheshire
East**

**carers'
HUB**

Newsletter



**ONE
IN SIX**

adults is now
providing unpaid care



**Welcome
to the 10th**

**Cheshire East
Carers' Hub
Newsletter**

www.cheshireeastcarershub.co.uk
Tel: 0300 303 0208



Cheshire East Carers' Hub provides a single point of access for both young and adult Carers who provide care to a friend, family member or neighbour living in Cheshire East. The Hub ensures that Carers of all ages have access to information, advice and a wide range of support services across the county and nationally.

**Cheshire
East**
carers'
HUB

**Cheshire
East** YOUNG
carers'
HUB

Welcome to the Autumn Edition of the Cheshire East Carers' Hub Newsletter

We hope this newsletter finds you safe and well and that you have enjoyed the summer and some more freedom to be out and about. As usual, we have included a lot of information which we hope is helpful to you.

We are continuing to offer some community based activities, in a COVID safe way and we will be adding more opportunities for you as time progresses, please keep an eye on our social media pages and website for further information or call our Service Access Team. In the meantime, if you wish to come along, please book in advance so that we can be sure that the opportunities are safe and well controlled.

We have also included the Carers Choice results, giving you lots of opportunities to enjoy Carer breaks funded by Cheshire East Carers' Hub, delivered by a range of other organisations across Cheshire East.

We are also offering a host of zoom activities and we do hope you will be able to join us for some of them. If you haven't used zoom before, please go to <https://zoom.us/meetings> to register or just copy and paste the meeting link provided under each activity into your browser. Activities are held on a weekly, fortnightly or monthly basis and include some evening sessions. We've got everything from Coffee and Chats to quizzes for you to enjoy and meet other Carers.

We are here to support you and can be contacted through our Service Access Team on **0300 303 0208** or by email to enquiries@cheshireeastcarershub.co.uk. Please let us know if you change your postal or email address or no longer wish to receive our newsletter so we can update your details.

Best wishes, stay safe and we hope to see you very soon!
Cheshire East Carers' Hub Team x



Support for Adult Carers Includes

Carers Line

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am until 5.00pm to help with your enquiries, to transfer your call to, or to take a message for a Carers Assessment and Support Officer. To talk to a Service Access Advisor please call: **0300 303 0208**.



Support from a dedicated Carers Assessment and Support Officer

Discuss with a dedicated Carers Assessment and Support Officer about how being a Carer affects you and highlight any support you may need. We can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist staff in fields such as dementia.

Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence- call the Carers Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a Volunteer please call **0330 022 5448**. In the event that a volunteer is not immediately available to answer your call, please do try again.



Carers Community Network Platform

This is our virtual community where you can meet other Carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing.

It only takes a minute to sign up and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 1000 active members who are looking forward to connecting with you!

*Please be aware, that to access the Carers Community Network Platform, you will need to contact the Service Access Team on **0300 303 0208** who will be happy to support you with this. You will just need to provide them with your name and email address.

Social Media



Facebook

Please have a look at and “like” and “follow” our Facebook page [@cheshireeastcarers](#). From there you can find out more about our groups for both Adult and Young Carers. They are both closed groups for Carers in Cheshire East. We will keep you updated with activities and events across the county and will also ensure that any changes or news is posted here. To join, just search “Cheshire East Carers Hub” or “Cheshire East Young Carers Hub”.



Twitter

Follow us: [@_n-compass](#)



The Volunteer Hub

Cheshire East Carers' Hub has volunteer roles designed to support Carers to give back to their community. The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to Carers, 24 hours a day. It is manned entirely by Volunteers who work from the comfort of their home. If you are interested to hear more, we'd love to hear from you!

Please call **0300 303 0208** or email volunteering@cheshireeastcarershubs.co.uk



Contact Us Today

How to Get in Touch

Address: **FREEPOST CHESHIRE EAST CARERS' HUB**

Email: enquiries@cheshireeastcarershubs.co.uk

Website: www.cheshireeastcarershubs.co.uk

Telephone: **0300 303 0208**

Opening times: **Monday – Friday 9.00am-5:00pm**

If you would like to read any part of this newsletter in large print, please call: **0300 303 0208** to make your request.

Disclaimer

Please Note: That whilst Cheshire East Carers' Hub does our best to print accurate information; times, dates and venues may be subject to change.

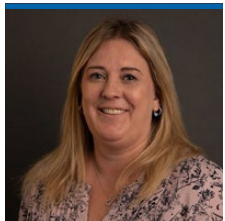
Every care has been taken in the publication of this newsletter. However, Cheshire East Carers' Hub will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.



The Cheshire East Carers' Hub Team

Our friendly, knowledgeable team at Cheshire East Carers Hub have extensive experience working with Carers in Cheshire East.

We have welcomed Jennifer Webber and Megan Graves to the team since our last newsletter. Jennifer works as a Young Carers Practitioner and Megan works across the adults and Young Carers Team with both adult and Young Carers offering family support. We have said tearful goodbyes to Dawn Nesbitt, Hannah Cross and Jane Openshaw and thank them for the fabulous work they have done with us. We wish them all well for the future and their next adventures, although we are thrilled that Dawn will be staying with us as a volunteer.



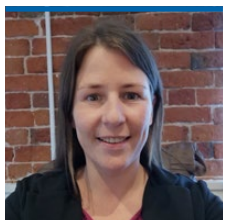
Dawn Brown
Service Manager

Dawn is the point of contact for our local partner organisations and leads on developing our services. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways.



Joanne Priest
Team Leader

Jo looks after the operational day to day functions of Cheshire East Carers Hub and ensures that Adult Carers receive the support they need from a dedicated Assessment and Support Officer. Jo also leads on the recruitment and induction of volunteers and development in this area of our service.



Cara Fullelove
Young Carers Team Leader

In addition to providing direct support to Young Carers, Cara supports the Young Carers Team, and manages their daily workflow. She also works with schools and a variety of social care and health professionals to raise the awareness of Young Carers and the support that is available to them.

Assessment and Support Officers provide information, advice and support for Adult Carers on an individual basis so that Carers in Cheshire East are well supported in their caring roles and connected to the help they need. They also work in group settings, facilitate our zoom events and attend local network meetings. They ensure that Cheshire East Carers' Hub information is up to date and available in community settings.



Katrina Chalmers
Assessment and Support Officer



Megan Graves
Assessment and Support Officer



Helen Hassall
Assessment and Support Officer



Bridget Robson
Assessment and Support Officer



Jayne Shaw
Assessment and Review Officer

Dementia Support Workers, Joanne and Sue provide Carers, who care for a person living with dementia, with personalised information, advice and guidance. This includes supporting them to understand the disease, access services, receive peer support and helping to identify coping strategies to support them in their role as Carer.

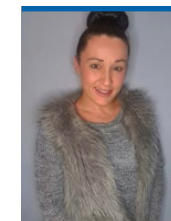


Joanne Foster
Dementia Support Worker



Sue Kisloff
Dementia Support Worker

Young Carers Practitioners provide information and support to improve the health, well-being and safeguard the interests of children and young people adversely affected by their caring roles through the delivery of tailored, person-centred support. They provide and support Young Carers to access services, peer support and respite to reduce the impact of their caring role.



Sally Newton
Young Carers Practitioner



Jen Webber
Young Carers Practitioner



Megan Graves
Young Carers Practitioner



Zoom Activities

Our zoom sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other Carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply click the links on each of the meetings to join in.

Weekly Sessions

Evening Coffee and Chat

Every Tuesday 7.00pm-8.00pm

Zoom Link: <https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>
Meeting ID: 959 5053 8168 Password: 559497

General Knowledge Quiz

Every Wednesday 7.30pm

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBBc3dYeVpwdz09>
Meeting ID: 922 4867 7156 Password: 269978

Fortnightly and Monthly Sessions

Frank's Walk a Mile Club

Fortnightly Tuesdays 1.30pm-2.15pm

21st Sept / 5th Oct / 19th Oct / 2nd Nov / 16th Nov / 30th Nov / 14th Dec

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank.

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNZz09>
Meeting ID: 939 4650 6425 Password: 513539

Male Carers Group

Fortnightly on Wednesdays 2.30pm-4.00pm

22nd Sept / 6th Oct / 20th Oct / 3rd Nov / 17th Nov / 1st Dec / 15th Dec

Zoom Link: <https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhoZz09>
Meeting ID: 925 7085 2288 Password: 150398

BME Carers Coffee and Chat

Fortnightly on Thursdays – 12.00-1.00pm

30th Sept / 14th Oct / 28th Oct / 11th Nov / 25th Nov / 9th December

Zoom Link: <https://zoom.us/j/94348505063?pwd=VDBkRC9mUWVIMGtEWnR2eEhjTXE0Zz09>
Meeting ID: 943 4850 5063 Password: 010799



Carer Breaks Opportunities



Carers Choice for Organisations

Thank you to all of you who cast your votes to decide which projects would be funded by Cheshire East Carers' Hub to provide Carer Breaks for you. We are thrilled to be able to announce that we were able to fund the 12 projects which received the highest number of votes for 2021-2022.

The disbursements of Carers Choice grants allow Cheshire East Carers' Hub to work with other local organisations and enhance their ability to provide Adult or Young Carers living in Cheshire East with a wide choice of activities to choose from to have a break from their caring role and meet other Carers. If you would like information on how to get involved, please contact the organisation offering the activity for further details. The organisations are listed in alphabetical order with a brief overview of their project and the relevant contact details you need..

Age UK Cheshire East Remote New Horizons Club



Our project supports carers who care for people with dementia, who are currently struggling to access face-to-face support. We develop and circulate bespoke monthly activity packs for carers to hold 'remote' sessions with their loved ones. The packs include a range of activities to break the monotony of isolation.

This well-constructed and thought out programme of dementia friendly activities takes the pressure off the carer and supports their mental health, empowering them to deliver more structured support than they would have otherwise been able to. We work with carers to ensure the packs are of interest to the person being cared for, and that they will be able to deliver the activities positively.

Our weekly online sessions for carers enable them to share thoughts and chat with other carers. The sessions can be structured, or just informal chats, telling stories and even singing! Through regular contact with carers, we identify early on the need for additional support, such as access to benefits, which we signpost to our Information & Advice Service, or other relevant agency. We've developed a peer support WhatsApp group, bringing carers together to share issues of concern and ideas about how to entertain those they care for.

This social interaction enables carers to develop useful coping strategies. The sessions enable carers to get things 'off their chest', share concerns and other bits of information which others may benefit from. The project ensures isolated carers are not forgotten just because they cannot access face-to-face support.

We will have open referral into the service to encourage access, followed by a simple triage to ensure carers accessing the services meet the criteria.

For Further Details

Please call **01625 612958** or email enquiries@ageukce.org or visit our website at www.ageukce.org Referring agencies can contact our helpline, Cheshire East office directly by phone or through email and social media. We also have an electronic referral form that professionals can use to send referrals to us securely using their preferred email encryption service (we use Egress).





Central Cheshire Buddy Scheme

Adventure Siblings

We offer adventure sessions for sibling young carers once a week playing soft ball in local parks, canoeing at Brereton, forest school type activities at Tatton and Brereton Country park. During lockdowns 75% of Sibling Young Carers have been shielding a brother or sister. This has had a huge impact on emotional health and wellbeing. We want to support them to have fun with friends, outdoors in local parks (in line with Government guidelines).

Parents/Carers and key professionals can contact a member of the team by email, facebook, website, or phone. The team will then arrange to meet the carer and have an informal chat about the project or the team will arrange to meet the carer at an activity venue for them to meet the team and meet some of the other young carers.

Website: www.cheshirebuddies@outlook.com

Email: Cheshirebuddies@outlook.com

Facebook: [Cheshire Buddies](#)



Cheshire and Warrington Carers Trust

Relax and Take Care of Yourself

We will provide individual, group relaxation and complementary therapy sessions for carers across the borough. The sessions will be provided by qualified therapists who are experienced in working with carers and have provided these treatments through our organisation before at a discounted rate. Therapies offered will include Reiki, Massage, Reflexology, Acupuncture and beauty treatments.

The appointments will be arranged and booked by experienced staff and volunteers. They will be offered at our Resource Centre, community venues across the borough or therapists' own premises, especially in more rural areas to allow carers easier access. Most therapies will be offered on a one to one basis but where appropriate we will offer a group session for example mindfulness or coping strategies, encouraging group support. Carers will be asked for feedback on how they have benefitted from attending to enable us to ensure that we are meeting their needs and to improve the future sessions we offer.

Time for Me 2021

Funding will provide "Carers Day" events across Cheshire East during the delivery period. The events will offer a combination of both full and half day breaks for carers living in Cheshire East and will be held in a wide range of venues offering lots of different activities to suit carers' needs. Examples include arts and craft sessions, afternoon tea, lunches, outdoor activities and new hobby taster sessions.

We will reintroduce a weekly drop in coffee morning in our Crewe Carers Resource, which was unfortunately postponed due to the pandemic restrictions. This will allow for regular or one off support sessions and give carers a chance to meet and talk informally over a cup of tea or coffee. The events will be facilitated by experienced staff and supported by volunteers.

Working Carers Support and Breaks

We will establish working carers support groups and breaks sessions to enable working carers to meet with each other at times which fit around both their work and caring commitments, during the evenings and at weekends.

We will offer a monthly face to face group in both Crewe and Macclesfield with an option for remote access via zoom to enable carers to participate. Groups will offer a chance for working carers to access and share information with carers in similar situations, in a safe and supportive environment and to develop networks of support. Groups will invite speakers of relevant organisations to attend on an occasional basis to provide information. There will also be opportunities to benefit from relaxation and wellbeing support sessions.

Monthly breaks sessions will offer working carers a chance to take time out from their caring roles with other carers at times which fit around working hours. These breaks will typically be for 2-3 hours and will offer a range of times, days and locations across the borough. All working carers engaging with the service will be provided with specialist up to date information about their rights and entitlements at work and will be supported to balance the often competing demands of working and caring.

Cheshire and Warrington Carers Trust operate an open referral system. Referrers or carers themselves can contact the organisation.

Email: cheshireeast@cheshireandwarringtoncarers.org (for carers of adults and professionals) or parentcarersupport@cheshireandwarringtoncarers.org (parent carers)

Helpline: **0300 102 0008**

Crewe Office: **01270394897**

Mobile: **07593782615**

Facebook: <https://www.facebook.com/cheshireandwarringtoncarers>

Cheshire East Carers Closed Group: <https://www.facebook.com/groups/cheshireeastcarers>



Cheshire Young Carers School Holiday Programme 2021

The project includes exciting fun events whilst focussing on delivering key objectives such as physical health, emotional wellbeing, education, independence, participation, personal and social development. Respite support for these vulnerable young children aged between 6-18 is crucial as it gives them the much needed time away from their challenging roles caring for a loved one with a mental illness, substance misuse, physical illness or other disabilities.

Cheshire Young Carers welcomes referrals for any child aged 6-18 years old with a caring role for someone they live with (typically a parent and/or sibling). Following that stage of the process, Cheshire Young Carers will contact the parent/guardian of the referred child and explain what support is available to them and how they can get involved – respite activities, wellbeing support and working with Education providers to ensure a young carer is supported.

Referrals can be completed by families of young carers, professionals working with young carers and/or their families, or any other sources. Our website also provides the ability to make a referral.

www.cheshireyoungcarers.org/contact/make-a-referral

Cheshire Young Carers' general contact details are:

Call: **0151 356 3176**

Email: info@cheshireyoungcarers.com

Our social media details are as follows:

Facebook Search: "Cheshire Young Carers"

Instagram: [@CheshireYoungCarers](https://www.instagram.com/CheshireYoungCarers)

Twitter: [@CYC_youngcarers](https://twitter.com/CYC_youngcarers)



Friends for Leisure

Friends for Leisure Parent Carer Events

We will provide fun, valuable information and support sessions, free of charge, to parent carers/families caring for disabled children across Cheshire East. After pilot sessions and consultations with parents, the need for this type of support was identified and substantiated. It has therefore been designed by potential users themselves.

We will organise and deliver six focused sessions lasting approximately 2 hours where guest speakers will be invited to discuss key themes identified by parents, deliver direct, beneficial activities where available (e.g. managing emotions and anxieties as a parent), dedicate time for questions and answers and then allow a final period for peer-to-peer support and discussion. 50% of sessions will be face-to-face as these are beneficial for effective communication, giving time for proper conversations and allowing us to bring lots of providers/organisations together at one time to discuss issues and share information, as well as drink tea and chat! Marketplace-style events work best in this format. The other 50% will be delivered online, most likely using Zoom, as some parents have told us they find these easier to attend as they don't have to travel or worry about childcare. These may differ slightly in terms of what we offer, often focusing more on carers being able to take a bit of time out for themselves and enjoy something they wouldn't normally do e.g. yoga, mindfulness etc. Where possible we will deliver the face-to-face events at the same time as our existing youth groups so parents have childcare already provided.

Anyone can get in touch with Friends for Leisure directly to get involved with the project, or via the organisation or individual who introduced them to the project.

They can all do this via the following contact details in order for our Activity Coordinator to add them to the contact list for the project and ensure they are sent all necessary information so they can attend as many of our sessions as they wish:

Email: info@friendsforleisure.org.uk

Telephone: **01260 275333**

Website enquiry: www.friendsforleisure.org.uk/contact-us/

Facebook: [@Friends.for.Leisure](https://www.facebook.com/Friends.for.Leisure)

Twitter: [@Friends4Leisure](https://twitter.com/Friends4Leisure)

Instagram: [@friendsforleisure](https://www.instagram.com/friendsforleisure)

You can also visit our office to discuss the project more should they wish. We are open during office hours at Albert Chambers, Canal Street, Congleton, Cheshire, CW12 4AA. Individuals can also write to us if they like at the same address to ask for more information or register their interest.



Ruby's Fund

Parent Carer Befriending & Wellbeing Project

Ruby's Fund Parent Carer Befriending & Wellbeing Project will support parent carers of children aged 0-11 years old with additional needs and disabilities who live in Cheshire East.



We will be:

- Hosting 'pop up' style coffee mornings around Cheshire East including rural areas. We will take our service on the road to ensure we can reach people outside Congleton where our main centre is based
- Hosting regular 'New Families' peer support sessions at Ruby's Fund (we receive many referrals for new families who are just starting on their 'SEND journey')
- Facilitating wellbeing walking groups around Cheshire East for parent carers to encourage, physical exercise, peer support and friendships
- Arranging wellbeing walks on a 1:1 basis
- Arranging regular 'check in chats' with parent carers, and home visits if required
- Matching parent carers with common interests with supervision of the Befriending volunteers.

Be Confident

'Be-Confident' is a project to inspire parent carers to build confidence, develop practical and creative skills and develop support networks within the SEND community.

'Be-confident' will deliver:

1. Cooking groups - learning basic cookery skills, budgeting, feeding the family and avoiding mealtime meltdowns (meal ideas for children with sensory issues and understanding textures, colours and presentation). Carers will receive a free slow cooker, recipe cards and mealtime tips for continuation of learned skills.
2. Art classes allowing carers to de-stress, explore new skills/hobbies and learn about new ideas for sensory play with their children. These sessions will alternate between Congleton and Crewe weekly, facilitated by an independent artist.
3. Wellbeing Wednesdays – these hour-long Zoom pamper sessions can be accessed in the comfort of carers' own homes for parents/partners and siblings. Carers receive products before the session eg. a facial kit. The session will promote relaxation and self-care.
4. First aid - Millie's Trust will train carers in paediatric first aid, building confidence and improving knowledge of what to do in a crisis. Carers' emergency card applications will be given at the end of the course.
5. Christmas meal - in a Cheshire East venue, with the people they have met throughout their 'Be-confident' journey.

Carers will also receive appropriate signposting after the session and ongoing peer support through closed Facebook and Whatsapp groups

Anyone can use our self-referral form online if they have identified someone who wishes to access 'Be-confident' or any other Ruby's Fund services. Professionals, family members or carers themselves can subscribe by visiting our website www.rubysfund.co.uk. We are active on social media so people can find out more and message us by following Ruby's Fund on Facebook and Twitter

We always encourage joint working wherever possible and appreciate that there may be a level of anxiety when starting something new. Carers who are unsure or feeling a bit nervous can take a virtual tour of Ruby's Fund, come along to another session beforehand and meet the team who will be supporting. If another friend or professional wanted to come along to support them, we would also consider this if it were needed.

For more information, please contact:

Steph Garner - Thriving Families Family Support Worker

Call: **07546 635 403**

Email: steph@rubysfund.co.uk

Address: Ruby's Fund Sensory Centre, Meridian House, Roe Street, Congleton, Cheshire, CW12 1PG

Space4Autism

Space4Carers



Do you care for a person with autism? If so, then Space4Autism's Space4Carers project might be for you.

Our Space4Carers Project offers monthly social events and activities all aimed at providing respite opportunities for parents and carers of people with Autistic Spectrum Conditions at which you can relax, make friends, learn new things and improve both your physical and mental well-being.

Activities include:

- Cookery classes delivered in our own community café
- Suicide prevention training
- Understanding Education, Health and Care Plans (EHP) 1:1 sessions
- Empowerment training - focussing on mindfulness, developing coping strategies and relaxation techniques.
- Quiz and bingo nights.
- Relaxation therapies - including head massages, nail and beauty treatments and foot massages
- Craft, lunch and befriending sessions
- Carer socials - offering lunches in the S4A café and dinners out at local restaurants.
- Theatre trips

We welcome all carers of people with autism from throughout East Cheshire, if you would like to find out more or would like to arrange to attend one or more of our activities, please feel free to get in touch.

Phone: **01625 617884**

Email: info@space4autism.org

Website: <http://space4autism.com>

Facebook: <https://www.facebook.com/Space4Autism>

Address: **15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN**

The Wishing Well Carers Wellbeing Programme

As a health and wellbeing charity, we recognise how the pandemic has impacted on our community and in particular the additional pressures on carers. To address this, we will deliver a 6 week wellbeing programme to help provide support for carers. Our aim will be to promote positive mental health and to try to prevent mental illness rather than simply treating it as it arises.

The programme will incorporate six areas, these include: learning a new skill, being active, back to nature, you are what you eat, give to others, socialising and talking. Sessions will be delivered by experienced Wishing Well staff who are trained in each specific area.

After the programme, carers will be offered many opportunities to further their interest e.g.: joining a Wishing Well Otago class or our allotment group, attending social events and activities, accessing Wishing Well YouTube tutorials and continued support from colleagues.

For Further Details Contact The Wishing Well:

Telephone: **01270 256919**

Twitter: **@TheWishingWellIP**

Email: **Support@wishingwellproject.net**

Facebook: **The Wishing Well Project**



Coffee and Chat

Let's catch up!

Please come and join us for a catch up and a coffee, meet other Carers and Cheshire East Carers' Hub staff.

If you would like to attend any of the coffee and chats or Carers Rights Day events, please let us know in advance.

We need to ensure we arrange enough places and that we are adhering to Covid-19 government guidelines (if applicable) and be able to get in touch with you if arrangements have to change.

Please email **enquiries@cheshireeastcarershubs.co.uk** or call our Service Access team on **0300 303 0208** to secure your place.

Alsager

Costa Coffee 60-60A Sandbach Road South, Alsager. ST7 2LP
Fourth Tuesday of the month from 1.00pm until 3.00pm
26th October, 23rd November 2021

Congleton

Astbury Mere Country Park, Sandy Lane, Congleton. CW12 4FP
Coffee and a walk
Wednesday 6th October 10:30am until 12 noon

Crewe

Wishing Well, Jubilee House, St. Pauls Street, Crewe. CW1 2QA
Second Thursday of the month from 1.00pm until 3.00pm
14th October, 11th November 2021

Holmes Chapel

The Deli & Coffee Shop, 4 Church Walk, Holmes Chapel. CW4 7AZ
Fourth Friday of the month from 10.30am until 12.30pm
22nd October, 26th November 2021

Macclesfield

Fairways Garden Centre, Bullocks Lane, Sutton, Macclesfield, SK11 0HE
Wednesday 20th October 2021 9.30am until 11.30am

St Michaels Church Café, Market Place, Macclesfield, SK10 1DY
Friday 9th November 2021 12.30pm until 2.30pm

Middlewich

Willowmere, East Road, Middlewich. CW10 9PY
Second Thursday of the month from 10.30am until 12.30pm
14th October, 11th November 2021

Poynton

Poynton Tea Rooms, 81C Park Lane, Poynton. SK12 1RD
Fourth Tuesday of the month from 2.00pm until 4.00pm
26th October, 23rd November 2021

Sandbach

The Old Hall, High Street, Sandbach. CW11 1AL
Second Wednesday of the month from 1.30pm until 3.30pm
13th October, 10th November 2021

Wilmslow

The Topiary Café (meeting at the café entrance), Wilmslow Garden Centre, Manchester Road, Wilmslow. SK9 2JN
Third Friday of the month from 2.00pm until 4.00pm
15th October, 19th November 2021



National Carers Rights Day – A Date For Your Diary

Carers Rights Day 2021 will be held on Thursday 25th November. Whether you are a new Carer or have been caring for someone for a while, it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

Each year, Carers Rights Day helps local and national Carers organisations to:

- Ensure Carers are aware of their rights
- Let Carers know where to get help and support
- Raise awareness of the needs of carers.

Come and join us in Crewe for breakfast or Congleton for afternoon tea for information, advice and support.

Crewe

Rookery Wood, Weston Road, Crewe, CW1 6NE

Thursday 25th November
10.30am until 12.00 noon

Congleton

The Old Saw Mill, Dane Villas, River Street Congleton CW12 1HJ

Thursday 25th November
1.00pm until 3.00pm



Managing services on behalf of someone else – tips from Carers

Do you need help to arrange services on behalf of the person(s) you care for? If you're caring for someone, you may want to help manage their affairs, if they are unable to, or find out how to plan to do this in the future.

Carers UK has created three factsheets based on carers' insights and experiences – offering tips on managing health matters, power of attorney, and dealing with services from banks to utility providers.

You can access the factsheets and find our more information by visiting:

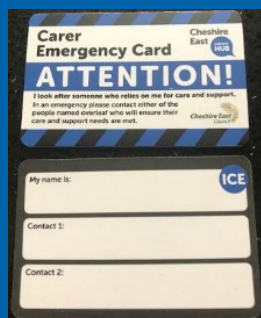
www.carersuk.org/help-and-advice/practical-support/managing-someone-s-affairs
or you can email advice@carersuk.org or call 020 7378 4999.

www.carersuk.org/help-and-advice/practical-support/managing-someone-s-affairs



Free PPE for Carers

Carers have played an invaluable role absorbing and reducing strain on the NHS and providing support for those they care for. The Department of Health and Social Care (DHSC) have extended nationally an offer of free PPE for Covid-19 needs. If you are providing personal care to someone and you'd like to request PPE packs, please contact our Service Access Team on **0300 303 0208**.



Carer Emergency Card

Having a contingency plan in place can help to provide peace of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Cheshire East Carers' Hub have introduced a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place.

Please be aware that care will not be provided by Cheshire East Carers' Hub or any external services. The card is to help identify you as a Carer and ensure that there are contact details for a nominated person to support the person you care for in the event that you are unable to do so. If you would like to receive a card and a template support plan, please call our Service Access Team on **0300 303 0208** or email enquiries@cheshireeastcarershut.co.uk.

The Volunteer Hub

Do you prefer the written word to emails, texts and video-calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month... using good old-fashioned pen, paper and The Post Office! This service might provide a bit of support for you at a time of loneliness or it could simply provide a much-needed boost to your wellbeing.

The Volunteer Hub at n-compass provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact Neil Sladen on **07902 703028** (Mon-Wed) or email volunteering@n-compass.org.uk.



My Sunshine Pack

My Sunshine Pack is a selection of activities, easy reads and ideas put together by our volunteers for you to enjoy in your own time in the comfort of your own home.

They are available to download from our web page (please scroll down to the last file in our "Service Resources" <https://www.n-compass.org.uk/our-services/carers/cheshire-east-carers-hub>). If you don't have digital access and would like to receive a written copy, please contact our Service Access Team with your request.

New My Sunshine Packs are added regularly and include a wide variety of activities each time. We have designed our activities with Carers in mind who are unable to access our online support groups and activities at this time, but still keep connected and involved with what we are doing!

We would love to hear from you too. If you have any suggestions for activities to be included in future editions of My Sunshine Pack, or would like to write something for us, please let us know by emailing admin@n-compass.org.uk or calling **03450 138208**.

Enjoy!
My Sunshine Team

Discount schemes for Carers

There are a number of discount and special offer cards for Carers which may be useful to you. Visit each website for more information on the offers...

- CarerSmart offer, benefits and discounts to Carers and people with care needs. www.carersmart.org
- Cinema CEA card is an annual card you pay for that gets a carer a free ticket when they accompany the person they care for. www.ceacard.co.uk
- Merlin annual pass has a complimentary pass for carers. www.merlinannualpass.co.uk
- The National Trust has an Essential Companion card that allows you free entry if you are with the person you care for. www.nationaltrust.org.uk/features/access-for-everyone
- The Max Card is a discount card for families who have children / young people (aged 0-25) with additional needs. You can see the offers on their website: mymaxcard.co.uk. Cheshire East Parent Carer Forum has bought Max Cards to give to their members. If you are a parent carer to a child / young person (age 0-25) with additional needs and you live in Cheshire East, you can sign up to the members' mailing list and apply for a free Max Card at the same time. www.cepcf.org (Email: info@cepcf.org)



Get the help you need today with our Digital Resource for Carers

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Cheshire East Carers' Hub has teamed up with Carers UK to offer Carers a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage. The resource has lots of features including money advice, self-care, nutrition, Carers Rights, technology and a self-advocacy guide. Sign-up today!

To get free access to all the products and support resources click on the link or visit carersdigital.org and use our free access code; **DGTL2946**. The resource has lots of features including those listed.

Useful Numbers and Links

Cheshire East Carers' Hub

(Monday to Friday 9:00am until 5.00pm)

Call: 0300 303 0208

Visit: www.cheshireeastcarershub.co.uk

Carers Help and Talk (CHAT) Line

Call: 0330 022 5448

Cheshire East Adult Social Care

Call: 0300 123 5010 (Office Hours)

Cheshire East Adult Social Care

(Emergency out of hours duty team number)

Call: 0300 123 5022

Cheshire East Children's Social Care

(ChECS)

Call: 0300 123 5012

Carers UK Advice Line

Call: 0808 808 7777

Visit: www.carersuk.org

Dementia Helpline

(Supported by Dementia UK)

Call: 0800 888 6678

Alzheimer's Society National

Dementia Helpline

Call: 0300 22 11 22

NHS Service for non-emergencies

Call: 111

NHS Carers Direct Helpline

Call: 0300 123 1053



Carers Awareness Briefings

Does your work team come into contact with unpaid Carers or do you have any Carers in your staff team? If so, Cheshire East Carers' Hub offers Carer Awareness Briefings. This session can currently be delivered via ZOOM or Microsoft Teams and takes around 30 minutes.

The session will:

- Help you to identify Carers
- Help you understand the needs of Carers
- Understand how important a Carers health and wellbeing is
- Increase your knowledge of what support is available for Carers from Cheshire East Carers Hub and other organisations who support Carers
- Inform how you can refer Carers to Cheshire East Carers' Hub

For further information, or to book a briefing session:

Please call: **0300 303 0208**

or email: enquiries@cheshireeastcarershub.co.uk



**ONE
IN SIX**
people in the UK
are Carers

Cheshire East Young Carers' Hub helps to ensure that Young Carers between the ages of 5 and 18 years old are identified and provided with support in their caring role.

Support can be provided from a dedicated Young Carers Practitioner who will;

- Listen to you and help you and your family to think about what would make a difference
- Give you information about the illness or disability of the person you care for
- Help you get advice and support for the person you care for

Supporting those that care

- Help you to get in touch with other services
- Help you take a break from your caring role
- Introduce you to other Young Carers
- Help you to access support in school or college
- Help you be listened to and have your voice heard
- Talk to you about ways in which you can take a break and have some fun by supporting you to access group work and activities

Cheshire East Young Carers Hub

Welcome...

We hope this Newsletter finds you all safe and well. We are so pleased that you are able to be back at school or college and hope things are going well for you. If you are experiencing any difficulties, please let us know and we will look to finding you the right support.

We have been very excited to welcome some of you to events over the summer holidays and on Zoom. We continue to offer our walk and talk sessions in your local area. All our activities are COVID safe and risk assessments will have been completed for the safety of all of us.

If you haven't already, please join our private Facebook group for regular updates on our service and links to other useful services, Cheshire East Carers Hub – Young Carers or follow us on our new Instagram @cheshireeastyoungcarershub.

We continue to see some of you at school, or on walks local in your local area and we will of course also continue to check in with a number of you through phone calls, texts, emails, and video call. If you are struggling with your caring role at this time and would like to talk to one of us, please contact us by whichever means is easiest for you. We hope you can get involved in some of the online activities listed in this newsletter and as always, we are here if you need any support from us.

Best Wishes,
Cara, Sally, Jen and Megan



Cara Fullelove
Senior Young Carers
Practitioner



Sally Newton
Young Carers
Practitioner



Jen Webber
Young Carers
Practitioner



Megan Graves
Young Carers
Practitioner

Cheshire East Young Carers Hub

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What We've Been Up To

Meet our New Young Carer' Practitioners Jen and Megan!

We were lucky enough to have Jen and Megan join the team earlier this year. They settled right in attending our park meet ups and getting to know some of you. Since then, they have met many of you through assessments and 1-1 sessions at your schools, homes and out in the community. They have been running our Zoom sessions and our activities in the parks before and throughout the summer.



Jen Webber
Young Carers Practitioner



Megan Graves
Young Carers Practitioner



Carers Week

Carers Week took place in June with the theme Make Caring Visible and Valued. This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

This year we celebrated with our Young Carers in Maccelsfield with a "Party in the Park". For those who couldn't make it we had a party on Zoom each attendee received their own party bags and the session followed with games and prizes.



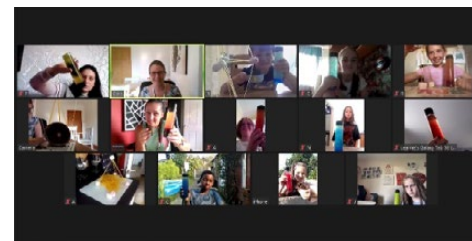


Walk and Talks

During the summer months our Young Carers Practitioners offered Walk and Talk sessions. This was an opportunity to go on a walk around the Young Persons local area or in a nearby park and have a chat with one of our Practitioners. We look forward to continuing these sessions when the warmer weather returns next year!

Zoom Activities

This is an easy and convenient way for Young Carers to meet and our zooms have been busy with chat's and laughs. We have held a show and tell, this session allowed all children to engage and learn about each other's favorite games, toys and activities. We got to know each other at our Making Friends sessions. For our Lego Craft session we looked at ways we could use our Lego to make pictures and objects. During our science Zoom the children got to compete to make the biggest spaghetti tower using only marshmallows and spaghetti, learning about forces and balance. As well as making their own lava lamps and planting their own flowers!



Young Carer Groups

It has been such a pleasure to welcome many of you at our Park meet ups since COVID restrictions have been lifted. We have spent many happy afternoons in parks across Crewe, Congleton, Macclesfield and Wilmslow trying different activities and getting to know some of our newer Young Carers. We have tried circus skills including plate balancing and juggling, we have made our own Poi and learnt how to use them, we have taken part in many team games including cricket, rounders and football and have played in pairs having a go a tennis, badminton etc.



Summer Program

We created an exciting and adventurous summer plan for all children based across Cheshire East. This included lots of games, activities, walks and treasure hunts. We held a sports day for Young Carers where we had a go at many different races including egg and soon and sack race and enjoyed winning some medals. As well as a pizza and chill session, because who doesn't like pizza! We love to create these opportunities for young people to meet with peers, get to know each other and learn new things from one another.

On Zoom we also completed a 'let's get moving' and 'games night' Zoom. Keeping moving learning new routine moves and yoga positions is an active activity for all children to participate in over summer, learning how to warm up, stretch and cool down well from physical activity and having fun dancing to music... it's all about having fun! We also held a quiz night in which all children enjoyed pairing up and working together for the fun quiz questions and games.

Autumn Term Activities

During the first half term we are running a short course in Macclesfield after school on a Wednesday. The course will focus on outdoor skills such as orienteering, camping, water safety, forest skills and will be based at different outdoor venues in and around Macclesfield. We will end the half term with a meal out to celebrate our achievements.

For the second half term we will be at Wishing Well in Crewe with a short course on cooking. We will focus on shopping, planning, cooking and end the half term with a Christmas feast!

On Zoom we will be meeting fortnightly on a Monday to look at the 5 ways of wellbeing. Each session will have an activity that looks at one of the ways in detail to provide our Young carers with skills to improve their wellbeing.



Services and News for Young Carers

Autism Inclusive

In premises on the Health Sciences Campus in Crewe, Autism Inclusive offers a safe, non-judgemental space for families and individuals to seek support, community and friendship. They do this through a range of support and activities for children and adults with diagnosed or suspected ASD, ADHD and other neuro-diversities. Regular groups include peer support, parent/carer support, gaming sessions, a youth club and regular workshops, training and advice with professionals. Other organisations run groups here too, such as Ruby's Fund, Family Ties CIC and Smart Bright Young Things and they have a Sensory Room to hire.

Look for groups and events at <https://autisminclusive.org.uk/> and find them on Facebook for regular updates.

Space4Autism

Space4Autism in Macclesfield run a number of sessions that siblings can attend alongside their sibling. These change on a regular basis so please see their website for up to date information. The family must be members to attend these sessions.

There is a great video on YouTube which explains Autism in a great way to young people: <https://www.youtube.com/watch?v=c0Yfg1WGYLc>



Children's Society

Offer young people advice through their information pages for those who may be:

- Looking for someone to talk to about how you're feeling
- Wanting to read up on a particular mental health issue such as depression or anxiety
- Struggling to understand bills and worried about falling into debt
- Looking for more support as a young carer

www.childrenssociety.org.uk/information/young-people



Young Carers Support App

West Yorkshire and Harrogate Health and Care Partnership have coproduced with young carers a Young Carers Support App which is free and available to download on both Android and IOS.

The app offers clear and easily accessible advice and is a comprehensive resource for young carers.

Search for Young Carers Support App in your app store and once installed, open and tick Local Area Not listed.

