

Autumn/Winter Edition 2020/21

**Cheshire
East**

**carers'
HUB**

Newsletter



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



**Welcome
to
the** **7th**

**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



Support for Adult Carers Includes

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

Cheshire East Carers' Hub is continuing to work hard to provide full support for all Adult and Young Carers. We hope to be able to resume some of our group activities when it is safe to do so. In the meantime, we will be sure to keep our social media and website updated with further information should the current circumstances and guidance change. Please do feel free to call our Service Access Team for any updates if you don't have internet access.

We have come up with another host of zoom activities and workshop sessions which you will see later on in the newsletter, we do hope you will be able to join us for some of them. If you haven't used zoom before, go to: <https://zoom.us/meetings> to register or just copy and paste the meeting link provided under each activity into your browser. Many of the activities we are offering are held on a weekly basis and include some evening sessions. We've got everything from Coffee and Chats to Carers sing alongs, quizzes and information workshops for you to enjoy and meet other Carers.

In addition, we have two new offers which we are very excited to share with you in this edition of our newsletter. "Care for Carers" is a fully funded one to one counselling service for both young and adult Carers specifically designed to support Carers through these most challenging of times. We now also offer a Carers' Emergency Card and template care plan.

As always, we are here to support you and can be contacted through our Service Team on **0300 303 0208** or by email to enquiries@cheshireeastcarershub.co.uk Please do let us know if you change your postal or email address so we can amend your details. We have also included our annual survey so you can tell us about your experiences and thoughts, we are always grateful for your responses which help to shape the services we offer for Carers in Cheshire East.

Best wishes, stay safe
Cheshire East Carers' Hub Team x

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.

Community Network Platform

Our digital Carers Community Network is a virtual community where you can meet other Carers, share ideas, experiences, sources of information, and support each other through these difficult times. You will be able to talk about the issues that are most important to you and to share some of the tips that have helped you manage your wellbeing.

It only takes a minute to sign up then head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 400 active members who are looking forward to connecting with you! Once you are in, please read the Carers Community Network Terms of Use and Privacy Policy and The Mighty Network Terms of Use and Privacy Policy. Each time you use the Network you are agreeing to all these Terms of Use and Policies. To access the Carers Community Network, please contact our Service Access Team on **0300 303 0208** who can support you with this.

Social Media



Facebook

Please have a look at, “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: [@ches_eastcarers](#)



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@cheshireeastcarershub.co.uk



Contact Us Today

How to Get in Touch

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

Email: enquiries@cheshireeastcarershub.co.uk

Website: www.cheshireeastcarershub.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.

Useful Numbers and Links

Cheshire East Carers' Hub

(Monday to Friday 9:00am until 5:00pm)

Call: **0300 303 0208**

<https://www.n-compass.org.uk/services/carers-support/carers-hub-cheshire-east>

Carers Help and Talk (CHAT) Line

Call: **0330 022 5448**

Cheshire East Adult Social Care

(Office hours)

Call: **0300 123 5010**

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**

<https://www.carersuk.org/>

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**



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 in the voluntary sector in Cheshire East and particularly working with Carers.

Since our last edition, we have welcomed Hannah Cross and Dawn Nesbitt to the team, both of whom have worked with Carers in their previous roles. They have both taken on positions as Carers Assessment and Support Officers. We have also welcomed Andrea Ashton who is our Employment Engagement Advisor.



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 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

Our Assessment and Support Officers provide information, advice and support for 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, currently facilitating our zoom events and attending digital network meetings. They ensure that Cheshire East Carers' Hub information is up to date and available in community settings.



Katrina Chalmers
Carers Assessment and Support Officers



Hannah Cross
Carers Assessment and Support Officers



Helen Hassall
Carers Assessment and Support Officers



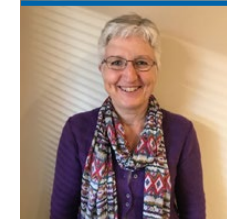
Vivienne Moore
Carers Assessment and Support Officers



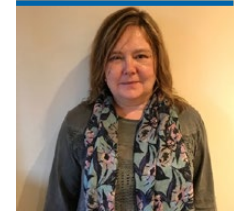
Dawn Nesbitt
Carers Assessment and Support Officers



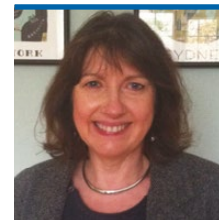
Jane Openshaw
Carers Assessment and Support Officers



Bridget Robson
Carers Assessment and Support Officers



Jayne Shaw
Carers Project Support Worker



Sue Kisloff
Dementia Support Worker

Our Dementia Support Worker, Sue provides Carers, who care for a person 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.



Andrea Ashton
Employment Engagement Advisor

Andrea is our Employment Engagement Advisor and works with local employers to help them to support Carers in the workplace. She is also on hand to support Carers who are looking to move into employment or who need some guidance and support around current roles. This new position was funded by Cheshire East Council's New Homes Bonus Grant Scheme.

If you'd like some employment specific support from Andrea, please call us on: **0300 303 0208**



Regular Zoom Activities for Carers

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 Zoom Sessions

Evening Coffee and Chat

Every Tuesday 7.00pm-8.00pm

Zoom Link: <https://zoom.us/j/95950538168?pwd=WIUvdmIJR1lyM2ExUE5XN1VLRzdjUT09>
Meeting ID: 959 5053 8168 Password: 559497

Morning Coffee and Chat

Every Wednesday from 10.30am-12.00 noon

Zoom Link: <https://zoom.us/j/99763002487?pwd=dGJjeW96Mm1QaWFYMXo0UCtyc0I3Zz09>
Meeting ID: 997 6300 2487 Password: 344388

Carer's Sing Along

Every Wednesday* (until December 16th) 1.00pm-2.00pm

Zoom Link: <https://zoom.us/j/97216826373?pwd=dDNjUzQ5aUQ0b1YreU9EbXU0dngzQT09>
Meeting ID: 972 1682 6373 Password: 273920

*No singalong 28th October due to half term

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 Zoom Sessions

Carers Choice!

Fortnightly Mondays 1.30pm-3.00pm

12th October / 26th October / 9 November / 23rd November / 7 December / 21 December (Christmas Party!)

This an event where YOU decide what we do! Would you like to have a craft session, talk about healthy eating, learn something new, or just have a brew and a chat! Let us know – this session is your choice!

Zoom Link: <https://zoom.us/j/95994205191?pwd=S2Zvd1c0VzdHUmRjSjN5Q0hoSitLdz099>
Meeting ID: 959 9420 5191 Password: 152489

Meditation & Relaxation

Fortnightly Tuesdays 1.30pm-2.30pm

13th October / 27th October / 10th November / 24th November / 8th December

Join us for an hour of relaxation and meditation. A time of reflection and peace for yourself.

Zoom Link: <https://zoom.us/j/92279005754?pwd=NlhRSGJHcE0zb1NvcjNXanBIYXRNQT09>
Meeting ID: 922 7900 5754 Password: 602377

Carers Gentle Exercise Sessions

Fortnightly Tuesdays 1.30pm-2.15pm

6th October / 20th October / 3rd November / 17th November / 1st December / 15th December

Join Frank for his 'AlphaFlow' Chair Aerobics sessions. You can sit and watch or join in whenever you like. We are a friendly bunch and this is a relaxed session where you can do as much or as little as you like - learning exercises for each letter of the alphabet.

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

Parent Carer Chat

Monthly Thursdays starting 29th October 2.00pm-3.00pm

29th October / 26th November / 28th January

Zoom Link: <https://zoom.us/j/98083508526?pwd=Uk80cmRtYU9oSXJPN3FWb09mK3JHQT09>
Meeting ID: 980 8350 8526 Password: 824240

carers RIGHTS DAY

Each year, Carers UK hold Carers Rights Day to bring organisations across the UK together to help Carers in their local community know their rights and find out how to get the help and support they are entitled to. This year Carers Rights Day is on Thursday 26 November.

Having the right information at the right time can make all the difference when you are caring for someone. Please join us for our free, informal, informative zoom sessions to find out more about money matters, benefits and grants that you or the person you care for may be entitled to and information around wills and Lasting Power of Attorney.

There will be plenty of time for you to ask any questions of our experienced and knowledgeable experts, so grab a cuppa and join us to find out more to help you care for your future.

Carers Rights Day Money Matters

Thursday 26th November 2020 at 10:30am

Hosted by Lisa Gordon

With over 30 years of knowledge, skills and experience within Adult Health and Social Care; empowering people to take control of their finances and wellbeing is what we do best. We encourage and support people to increase their income, plan for their future and to ease the pressures of money management.

Providing support with: * ATTENDANCE ALLOWANCE, * PERSONAL INDEPENDENCE PAYMENT (PIP), * DISABILITY RELATED BENEFITS, * CARERS ALLOWANCE, * MONEY MANAGEMENT and so much more.

Zoom Link: <https://zoom.us/j/96952951775?pwd=NUNyb3QyUXR6TXMvOURaDh5NmwwZz09>
Meeting ID: 969 5295 1775 Password: 172908

Carers Rights Day Legal Matters

Thursday 26th November 2020 at 1:30pm

Hosted by Verity McKay

Solicitors, Poole Alcock are offering free, informal legal zoom session specifically tailored for Carers. Topics to be covered will include:

- The importance of making a Will
- How to protect the person you care for in your Will using a Trust
- Lasting Powers of Attorney for you and the person you care for

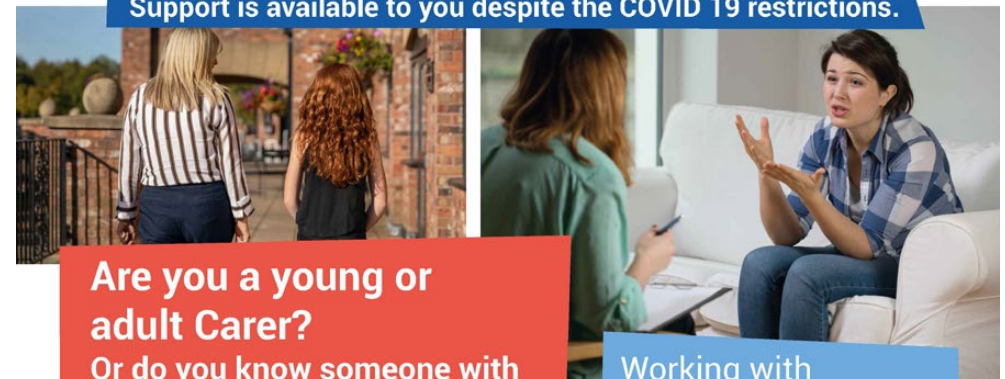
Verity will be available to help with any questions you may have.

Zoom Link: <https://zoom.us/j/95933811305?pwd=WVFaWHliMENVSkhavVJ0azdiRGsvdz09>
Meeting ID: 959 3381 1305 Password: 641289



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@cheshireeastcarershub.co.uk

www.cheshireeastcarershub.co.uk



Following a successful bid to the National Lottery Community Fund, we are now able to offer up to 6 sessions of professional counselling to both Young and Adult Carers in Cheshire East. For further information, please contact our Service Access Team.

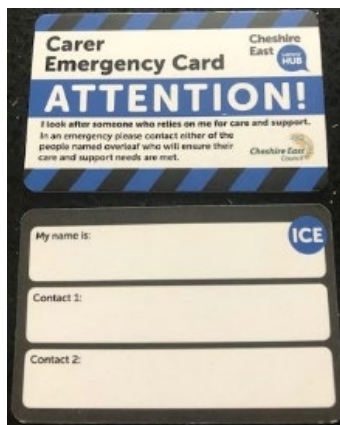
Carer Emergency Card

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@cheshireeastcarershub.co.uk



Free Online Courses for Carers from Promas CIC

Promas Online CIC offer online training and support to help unpaid Carers to deal with the challenges they face. Whether its managing stress, finding coping strategies, understanding Dementia, caring for yourself or caring for someone with Mental Ill Health to name but a few.

Cheshire East Carers' Hub have teamed up with Promas CIC to offer you a selection of courses with no charge to you. The first 3 courses are open for everyone to try, the following 4 require a course code to be entered at the beginning of the course. They have limited numbers so it is advisable to sign up for those as soon as you can. For Cheshire East, the code for the free licence for courses 4-7 is **CE956675**. You can pick and choose which are right for you.

Each licence is valid for a full year and can be retaken as many times as you like. There is also IT support available for anyone whilst on the courses, please just use the contact form on the website and Promas CIC will help and support anyone who needs it. <https://promasonline.co.uk>



Carers Choice Awards 2020 / 2021

Thank you to all of you who cast your votes for the Carers Choice Awards earlier this year. Please see below the projects who you chose to receive funding to offer a range of breaks for Carers in Cheshire East.



Audlem and District Community Action (ADCA)

Audlem Carers Empowered in Our Rural District (ACE 2020)



Cheshire and Warrington Carers Trust

Time Out for Male Carers
Time For Me
Time For Young Adult Carers



Central Cheshire Buddy Scheme

Sibling Buddies: A sibling Young Carers Project



Cheshire Young Carers

School Holiday Respite Programme 2020



End of Life Partnership

Bereavement Support in Compassionate Communities
Carers Wellbeing Programme



Ruby's Fund

Ruby's Fund Befriending Project



Transformation DMP CIC

Movement Therapy Group for Carers (Movement in Mind)



Wilmslow Guild

Building Confidence for Carers – Recovery and Progression



The Wishing Well Project

The Carer's Café

Learning Disabilities (LD) Partnership Board



Following a review of the existing Partnership Board which included widespread engagement with key stakeholders across the borough, we are now in a position to announce the structure and format of the new board in the future.

Moving forward we will see the LD Partnership Board

- Become an All Age partnership board, with a revised membership
- Promote partnership working across Cheshire East to help deliver the priorities within the All Age LD Strategy, which will be monitored by the board
- Become accountable to the Cheshire East Health and Wellbeing Board, with regular reporting and highlighting of key issues
- Design, plan and co-produce services

The local partnership boards in the north and south will be maintained to ensure that local issues are highlighted to the main board.

We are currently in the process of finalising the membership of the board and we hope to be in a position soon to announce meeting dates (we envisage that these will be held virtually as online meetings at first).

If any Carers would like to join the partnership board please contact:

mark.hughes@cheshireeast.gov.uk or gerard.buckley@cheshireeast.gov.uk

Calling all Young Adult Carers (YAC) Aged 16-24

N Compass would very much like to give you the opportunity to be involved in developing services that you would choose to access.

We have already consulted with a Young Adult Carer from the Bury Service, who has given us lots of ideas, starting with...

A 'DESIGN A LOGO' Competition

This is your opportunity to win a **£30 Amazon Voucher** if you are the winner!!!

The logo will be used by N Compass on a soon to be developed YAC section on our Carers Community Network digital platform.

Your design can be a sent as a photograph, drawn, painted, stitched or whatever medium you prefer.

Closing Date is **Monday 9th November 2020**

Please email your logo to: Jayne.harrison@burycarershub.org.uk

Or alternatively send to **FREEPOST Bury Carers' Hub**

The winner will be notified by 20/11/2020

GOOD LUCK EVERYONE



National Befriending Week

1st-7th November 2020

People and communities are encouraged to recognise the benefits of befriending and its role tackling loneliness and social isolation during the annual Befriending Week from 1st to 7th November. We would like you to join us during the week, please keep an eye on our social media pages for details of our plans nearer the time.

Befriending Week

celebrates everything

#Befriendings

1-7 November 2020



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.

To get **free access** to all the products and support resources visit: carersdigital.org and use our free access code; **DGTL2946**.

The resource has lots of features including those listed.

- **Thinking Ahead: the cost of care and support** e-learning developed with The Money Advice Service
- **Learning for Living e-learning**, supporting Carers to recognise their transferable skills gained through caring
- **Young Adult Carers e-learning**, offering advice for Carers 18-24 years
- **About Me: building resilience for Carers:** an e-learning resource that helps carers identify and build networks of support and promotes their self-care.
- **Jointly:** Carers UK's care co-ordination app for people sharing care (web, iOS, Android).
- **The role of good nutrition when caring for someone:** an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.
- **Looking after someone: Carers Rights Guide:** which helps carers understand their rights as a Carer and where to go for financial or practical help.
- **Being Heard: a self-advocacy guide for carers:** which helps carers develop the skills to self-advocate.
- **Technology and care:** information and resources on how to access products and services that can help with care and caring.
- **Our local information and support resources for Carers**

At Cheshire East Carers' Hub, we work with lots of fantastic organisations both across the county and nationally who have some great services and offers for Carers. We hope you will find their information and contacts useful.



Virtual Singing for the Brain Groups

At the beginning of the year, Alzheimer's Society were running four Singing for the Brain groups in Cheshire East; Nantwich, Elworth and two groups in Macclesfield. Although unable to sing together in the same room since lock-down, we have managed it virtually. Since the first week in April, we have delivered a Zoom session to our pioneering Elworth group initiated by fund raiser and volunteer Dave Whitworth. We retain the same basic elements of chair-based exercise and singing together, but with modifications. In some ways, we have acknowledged advantages; no travelling to venues if people are experiencing mobility issues and embracing the opportunities that technology can bring.

Mr and Mrs A said: 'We both really enjoy the Zoom sessions as they keep us motivated and challenged. We like the exercises as we probably wouldn't do them without your encouragement and the music to keep us going. Sadly, like many others the lockdown is not doing my husband any good at all. It's extremely difficult to get him engaged in any activity but your zoom time is a positive.'

Each Tuesday last month, we had a theme of a different decade: 40's to 70's where we sang hits from the period and looked at photos to show how our towns used to look. Also the transport of the time and the entertainment: a moment of reminiscence for us all

A few weeks ago, Mrs B was ready at the start of the Zoom session, but Mr B wasn't. Apparently it was 'a difficult day', but we asked if he could be brought to the screen, suggesting that one of the male volunteers wanted to talk to him about his upbringing in London during the war (theme was 1940's). Mr B arrived in his pyjamas looking very grumpy, but when he saw us and started chatting, he became interested, animated and smiled and sang through to the end. Subsequently, I phoned Mrs B to ask how he was after the session ended and she replied that it's always the same after our group, his mood is lifted for the rest of the evening and he's much more positive.

Not everyone has the technology to be able to join a Zoom session, so we also offer a Ring and Sing service. For this you just need a phone which has a hands-free function. Again, the principles based around music therapy are applied and once more, we've had very encouraging feedback. After our group this week, when asked if he'd enjoyed the session, one gentleman replied 'Yes, thank you, it was a very good programme'

And this shows how difficult this period is for people living with dementia: they may not all comprehend our new services, but if we can continue to support them and their carers with Zoom and Ring and Sing, we certainly will.

Our Elworth and Nantwich Zoom session is on a Tuesday at 12.15pm, whilst the Macclesfield group is at 2.45pm. The Ring and Sing group runs on a Thursday morning at 11.00am. For further information, please contact Jill: jill.grimshaw@alzheimers.org.uk

Tide (Together in Dementia Everyday) - Activities for Carers

Activities to Keep Carers Connected

- You can become a member of Tide by signing up on our website here: <https://www.tide.uk.net/>
- Join our private peer support group on Facebook here: Facebook Group
- Take part in our Zoom Coffee & Connect sessions on Wednesdays from 10.30 - 11.30 am
- **We currently have groups running on Zoom specifically for:**
 - Carers of people living with Young Onset Dementia
 - Carers of someone living in residential care
 - Former Carers
- We will continue to share the experiences of carers through our social media channels & website. If you would like to share your views or experience, please let us know.
- Follow us on Facebook & Twitter
- Opportunities to be involved in projects that influence policy, research, & practice

Tide Carer Development Programme

2 of our Carer Development Programme sessions are running online using Zoom & are currently facilitated by Amanda (Head of Tide Development) & Evelyn (Learning & Development Coordinator). They are available to all Tide members:

Introduction to Tide: An overview of Tide's work, & the variety of opportunities available. You will learn about the history, mission, & background of Tide, meet the team, & see & hear from carer members across the UK.

You Can't Pour from an Empty Cup: Helps participants to look at their emotional wellbeing & how to look after it, understand emotional triggers, & use key practical tools throughout involvement with Tide & beyond.

If you are interested in getting involved or have any questions, please contact:

Sarah Butler-Boycott
Carer Involvement Lead
(Merseyside & Cheshire)

Tide - Together in Dementia Everyday
Email: SarahBB@tide.uk.net
Phone: 07704 168867

Pathfinder East

The Pathfinder East service helps vulnerable adults who live in the area by filling in the gaps that exist in the support available, and helping people to navigate other services and make sure they are getting the most appropriate support. For example, we can provide information on local social groups, transport schemes or cleaners, tradesmen and carers. We can also provide full benefit checks, help with claims and appeals. Other money matters we can support with include consumer advice and how to reduce your fuel bills, advice on tax, pensions, debts, savings and checking how new government guidelines affect you and your loved ones. We offer housing advice such as information on adaptations and help dealing with the local authority; completing forms, and IT support in your own home, as well as information on health services and support for carers. The Pathfinder workers can help over the phone, via email or in person at drop-in sessions, or in your own home (note; we are currently adhering to government guidance and limiting our face-to-face support). Everything we offer is completely free and confidential, and we are available for as long or as often as needed.

For more information, please contact Alyssa Baines:
07799519431 or email pathfindereast@cheshireaction.org.uk

Alternatively, go to the website:
<http://www.cheshireaction.org.uk/our-services/pathfinder-east/>



Disability Positive



A Cheshire-based disability charity has launched an exciting new brand to reflect the growth of the charity across the North West, to reconnect it with its values and to shine a positive light on disability.

The charity, formerly known as Cheshire Centre for Independent Living (CCIL), will now be known as Disability Positive. The charity has unveiled a new logo, brand narrative, and website, rebranded its headquarters and revamped its social media channels and printed materials.

Disability Positive, based in Northwich, helps people with disability and long-term health conditions, and their families, to live well. The charity understands what people need because it is led by people who live with disability and long-term conditions too. It employs over 70 staff and supports over 10,000 people living across Cheshire, and other parts of the North West.

The charity's new brand has been developed by experts from JG Creative in Nantwich to highlight the incredible services and opportunities that Disability Positive provides to people living with disability and long-term health conditions, as well as their families.

Lynne Turnbull, Chief Executive of Disability Positive, said: "This a very exciting time for us for us and we are really proud of our exciting new brand. We have been introducing it at our head office over the last few days and getting lots of positive feedback.

Joanne Grubb, owner of JG Creative, said: "When we started working with Cheshire Centre for Independent Living back in 2019, we knew its brand wasn't aligned with the charity that exists today.

"After some initial research, we discovered that there was a real disconnect between the old brand, and what people understood about the charity, with who it really was and how it wanted people to feel about it.

"Its previous name implied that the charity offers supported housing, but it actually provides services to help people live their everyday lives, to be part of their local community and to look after their own wellbeing. It also offers advice and help with practical tasks and advocates for people in lots of situations. All of these services are very positive for their services users and help to remove any barriers which stand in their way. This is where the name Disability Positive came from and I think it's a much clearer message."

A key part of the rebrand was to address the fact that a common representation of a disabled person is an icon of man in a wheelchair, and JG creative have helped the charity to developed a new icon that better represents the diversity of disabled people and that disability isn't always visible.

Lynne Turnbull continued: "As a charity which is run by people living with a disability or long-term health condition, we believe that people are not disabled by their condition, but by a world that doesn't meet their needs. This year has been a particularly challenging year for many people so it feels even more important that Disability Positive is here to make the world more accessible and to help society to understand disability in a more positive way that brings people together."

To find out more about Disability Positive, visit: www.disabilitypositive.org



Cheshire and Warrington Carers Trust

Hello, I'm Laura Holden and I am really pleased to introduce myself as the new Cheshire East Carers Support Co-ordinator at Cheshire and Warrington Carers Trust. I will be based at our Crewe Office in the Brierley Business Centre on Monday - Thursday.

I worked for Cheshire and Warrington Carers Trust from 2008 - 2016 so some of you may remember me. I have been running my own business delivering music classes for children since then, but am really excited to be back working with Carers again.

I will be running our activities, events and Carers support services in Cheshire East and am eager to find out how I can help you at this difficult time. The main services I will be responsible for are support groups for Carers, Carer breaks and events, and activities for children and families as part of our Parent Carer support service. We are really excited to also launch a new service for Young Adult Carers age 18-25, and extend our Male Carers support service with a new support group in Macclesfield, in addition to our existing group in Crewe.

Please get in touch if you are interested in any of our services, support groups or would like an appointment at our Crewe Office:

Call: **01270 394897**

Or email: cheshireeast@cheshireandwarringtoncarers.org

I really look forward to meeting you properly soon.



Parkinson's UK

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.

Whether you have Parkinson's or care for someone who does, Parkinson's UK is here for you. From expert advice, to tips for staying healthy at home, to support from specialists and our helpline, we'll support you during this challenging time.

All of our information can be accessed from our website www.parkinsons.org.uk or maybe you'd like to talk to one of our helpline experts on **0808 800 0303**. Our freephone helpline is open Mon-Fri 9.00am-7.00pm and Sat 10.00am-2.00pm. Alternatively, the helpline can also be contacted at hello@parkinsons.org.uk



Sibling Young Carers

Central Cheshire Buddy Scheme received funding through Cheshire East Carers Hub in March to support Sibling Young Carers. The project has been going really well and so far we have support over 50 sibling young carers through activities, sessions and clubs.

Lock down has changed the project slightly. Our initial aim was to run trips and outings for siblings but this has changed due to Government guidelines and corona virus.

The project has been split into 4

1. During lockdown we supported siblings by providing bags of happiness containing toys, games and treats. These were a great hit and were delivered by buddy staff and volunteers.
2. As we came out of lock down small groups of siblings met at Crewe park for games and activities including soft ball sessions supported by sport Cheshire. The weather varied but everyone was just glad to be out again despite the rain some weeks!
3. As part of coming out of lockdown we have been delivering garden buddies where we have visited peoples homes and played in the garden with disabled children and their siblings. This has worked really well as we have been able to get to know siblings and then support them to attend sessions. Garden buddy sessions are still available.
4. Small groups of siblings have been able to go out on trips to the beach and these will continue through out the coming months.

Canoeing Siblings

Why not join our canoe club on a Wednesday evening at Brereton

We will continue to support siblings on a Wednesday through canoeing sessions at Brereton. The sessions will run until October half term from 5.00pm until 7.30pm. Children will need to register with a member of the buddy team before they can join the sessions as numbers are limited this can be done by contacting Louise Bailey on **07938163103**.

We are running outdoor activities as many venues are still closed and there is less risk of catching the virus outdoors. For more information about the Sibling Young Carers project contact Louise Bailey on **07938163103**.



Space4Autism

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



Workshops

Drop In

Employment

Programme

Movie Nights

Family Fun

Days

After School Club

School Club

S4A

Café

Art Therapy

Tech Sessions

Cookery Classes

Occupational Therapy

All Age

Social Clubs

Yoga and

Mindfulness

Football

Carer Support

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

Follow us on



Wilmslow Guild Confidence Building for Carers (Autumn Term 2020-2021)

Booking and Further information: www.wilmslowguild.org

Introduction

Confidence Building for Carers looks into what confidence is, identify what might undermine a carer's confidence and learn strategies to prevent this from happening. The course will support carers to explore ways of rebuilding and improving your own confidence and explore how best to support the confidence of others.

Topics include:

- What is confidence?
- How can you identify confident behaviour? Behaviour traits, interactions, language used
- How can you identify a lack of confidence in someone's behaviour? Behaviour traits, interactions, language used
- What causes confidence levels to fall? The impact of commonly occurring stresses and pressures in life and how they affect self-esteem. What exactly does a drop in confidence do to one's life and expectations?
- Ways in which building on confidence can help the individual
- Looking at methods to rebuild or improve your own confidence - many hints, tips and strategies to choose from, so that you can use what suits you as a person, and your circumstances
- What are the best ways to support another person who needs help with low confidence?
- Following the impact of Covid-19, Wilmslow Guild will be offering various pathways to access the free 'Building Confidence for Carers' course. Participants can choose from:
 - Face to face courses, at a venue, meeting at a set place and time each week
 - Online courses, delivered via Zoom, meeting online at a set time each week
 - Online courses offered as a 'work at your own pace' programme using an internet based learning platform such as G-suite

By offering this variety of formats, we hope that no-one will feel or needs to be excluded from our courses, regardless of what the immediate future holds for us in terms of more 'lockdowns' or periods of shielding, either with a loved one for the carer themselves. The courses all offer the same content and level of support, but with small adaptations for the method of delivery. It may be possible to switch from one type of delivery to another, if your circumstances change.

Numbers for each course will remain limited to 8, regardless of the method of delivery, so you are encouraged to put your name down for a course sooner rather than later.



The Tutor

Gill Rossini has been teaching confidence building courses, assertiveness, and wellbeing courses for over 25 years. As a carer herself, she has a great empathy for fellow carers and understanding of the various challenges they can face on a day to day basis. In addition, she has been teaching adults since the 1980s, offering academic subjects, 'return to learn' courses and facilitating the recognition of skills and experience gained through unpaid work and life experiences. As a specialist in supporting adults in gaining confidence, Gill is ideally placed to support and empower carers. If you have any questions about the course, please email Gill: gillrossini@outlook.com

Scheduling and Booking

Face to Face Courses

Handforth Venue: Timeout, the Paddocks, Handforth

Start Date: Friday 6th November 2020 at 11.00am

Duration: 6 weeks, each class lasts 2 hours

Wilmslow Venue: Wilmslow Guild, Bourne Street, Wilmslow

Start Date: Friday 6th November 2020 at 2.00pm

Duration: 6 weeks, each class lasts 2 hours

Online courses, delivered via Zoom:

Start Date: Wednesday 4th November 2020 at 10.00am

Venue: online

Duration: 6 weeks each class lasts 2 hours

Distance learning course, learn at your own pace with tutor support

This course will be available from Monday 2nd November. You will have 6 weeks to complete the course but you will not have to 'attend' a class at a given place and time, either online or at a venue. You will have full tutor support and an option to interact with others on the distance learning course via the learning platform we will be using (more information to be provided).

How to book: the courses are available on our website:

www.wilmslowguild.org

Trusts for Carers

An information article by Poole Alcock Solicitor



Trusts may be appropriate where, for one reason or another, assets (such as property or money) are best owned on behalf of someone else. In many cases, this will be because the person who will benefit from the asset is in some way restricted by age or disability.

Life Interest Trust

One of the more frequent types of Trust for adults is a “Life Interest Trust”. This tends to arise from someone’s Will. Rather than leaving a gift outright to someone, it is occasionally better to give them the right to use it during their lifetime, but to ensure that it ultimately passes to another beneficiary.

This arrangement is frequently used to help protect part of a house from being used to pay for care home fees. Often someone will leave their half share of the house to their husband or wife to live in during their lifetime, but on their death, or if they should go into care, the share of the house then passes on to their children. That share of the property there would not be taken by the Local Authority to pay for care fees.

Disabled Person’s Trust

Where you are looking to protect someone who has a disability, a “Disabled Person’s Trust” may be ideal.

To qualify, the main beneficiary needs to be in receipt of Personal Independence Payments (PIP), Disability Living Allowance (DLA), Attendance Allowance (AA) or be mentally incapable of dealing with their financial affairs. Funds held on this basis will not affect any entitlement to means tested benefits.

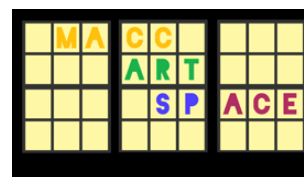
These types of Trust are very useful as they have flexibility, as there are a number of potential beneficiaries. The Trustees are given a complete discretion as to how and when the funds within the Trust are used.

If the Trust qualifies as a ‘Disabled Person’s Trust’, it would not have the significant tax complications of standard Discretionary Trusts. If unsure, ask your solicitor whether what you would like to include within your Will would qualify.

Where to Find Further Help

Above is but a summary of some of the types of Trust available. If you think you or your loved ones may benefit from setting up a Trust – contact us using the contact details below. Please contact one of our Private Client Team at Poole Alcock if you would like to discuss these issues further. Call **0800 389 7093** to arrange an appointment.

For more information, call Poole Alcock solicitors on **01270 444329**. Quote ‘Cheshire East Carers Hub 5’ to receive 10% off Wills or LPAs, or 15% if doing both a Will and an LPA.



Macclesfield Community Art Space – We’re Back!!!

Macclesfield Community Artspace has now reopened, not quite as we were, as now all sessions have to be pre-booked for our covid secure space.

We have a few areas where you can join us in to a socially distanced workshop to enjoy arts and crafts.

Our volunteers can help you on the day if you want to make something in particular or if you want to try something new and see what happens. No special skill or experience needed – just a willingness to have a go and some time out.

Get in contact...

Call: **01625 440694**

OR email: MaccCommArtspace@mail.com

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



Newsletter



**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

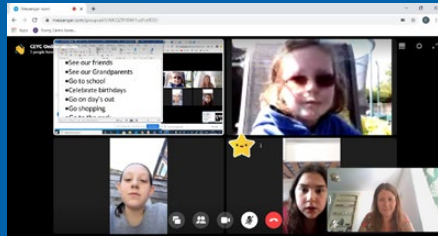
Supporting those that care

- 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

What we've been up to

TimeCapsule

In order to create a memory of the experiences of Young Carers during lockdown we worked together to produce a short film. Our Young Carers submitted pictures of them at home, creating new pieces of art, baking, cooking, gardening, spending time with loved one. If you would like to see it the film is saved within the Cheshire East Young Carers Facebook group.



Zoom Activities

Throughout August we hosted summer sessions on Zoom as our monthly groups were on hold. In closed Zoom groups we have tried baking, craft, games and well-being activities. We have had great fun taking part in these activities and catching up with our Young Carers.

We continue to hold regular sessions through Zoom to give our Young Carers an opportunity to speak to each other and a Practitioner. To access these sessions please contact us and we will email you the consent form to return to us.



Consultation

We conducted a Survey Monkey to gain an insight on how young carers preferred to engage with us digitally, we used the results of this to plan our Summer activities.

In September we invited our Young Carers to take part in a consultation group to discuss activities and training open to Young Carers moving forward. We are continuing to use the information we gathered to inform activities and we are excited to continue to develop a service which best suits our Young Carers needs.



Useful information

Care for Carers

Do you, or the Young Carer in your family, think they might benefit from a free confidential counselling service?

Our counselling project offers Young Carers a safe and confidential space to talk about feelings and thoughts and any problems or difficulties in up to 6 one to one online sessions.

Counselling can help young Carers by giving them a space to talk with someone who is not involved in the situation, is not a teacher, a friend or a member of their family. It can feel good to talk to someone and work through ways to feel better. Sometimes just saying it aloud to someone is enough and a counsellor will also support with developing tools to use to help work through whatever the problem is. A counsellor will not judge but listen carefully and look at how you can feel more positive or change the way you feel about things.

If you would like to hear more about how to access this support then please get in touch with us.

YOUNGMINDS

YoungMinds

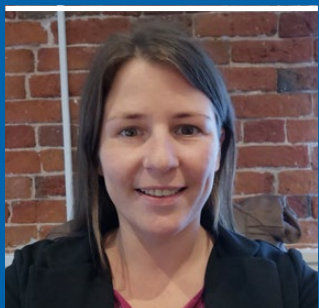
YoungMinds have a section of their website dedicated to looking after yourself online and how to have a more positive time online. www.youngminds.org.uk





Meet the Team

Young Carers Practitioners Cara and Cathryn have continued to support Young Carers across Cheshire East by checking in with you through phone calls, texts, emails, and video call. Since the end of March our regular Young Carers groups have been on hold. We are following Government guidance on face to face contact and will be in touch with you when this changes.



Cara Fullelove
Senior Young Carers Practitioner



Cathryn Rayner
Young Carers Practitioner



Young Carers Awareness Day

Young Carers Awareness Day will change its name next year to Young Carers Action Day (YCAD) 2021. The date has been moved from January to 16th March 2021. It will be shaped with input from Young and Young Adult Carers across the UK to ensure the day meets their needs.