

Spring Edition 2021

**Cheshire
East**

**carers'
HUB**

Newsletter



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



**Welcome
to
the 8th
Cheshire East
Carers' Hub
Newsletter**

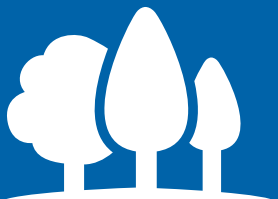
www.cheshireeastcarershub.co.uk
Tel: 0300 303 0208



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 Spring 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 are missing seeing you all and hope to be able to resume some of our group activities when it is safe to do so and we will be sure to keep our social media and website updated with further information should the current circumstances and guidance change. If you would like us to contact you when we reintroduce small, covid safe activities and coffee and chats, please register your interest by calling or emailing our Service Access Team.

In the meantime, we have come up with another host of zoom activities and workshop sessions and 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 or fortnightly basis and include some evening sessions. We've got everything from Coffee and Chats to Carers sing alongs, quizzes and relaxation sessions for you to enjoy and meet other Carers.

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 let us know if you change your postal or email address so we can update your details.

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, particularly during this challenging time.

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 over 750 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 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@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.

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 Joanne Foster and Sally Newton to the team. Joanne is a Dementia Support Worker and Sally is a Young Carers Practitioner, joining Cara and Cathryn supporting Young Carers.



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 Officer



Hannah Cross
Carers Assessment and Support Officer



Helen Hassall
Carers Assessment and Support Officer



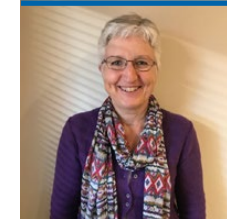
Vivienne Moore
Carers Assessment and Support Officer



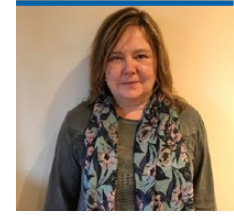
Dawn Nesbitt
Carers Assessment and Support Officer



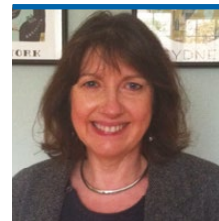
Jane Openshaw
Carers Assessment and Support Officer



Bridget Robson
Carers Assessment and Support Officer



Jayne Shaw
Carers Project Support Worker



Sue Kisloff
Dementia Support Worker



Joanne Foster
Dementia Support Worker

Our Dementia Support Workers, Sue and Joanne provide 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=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>
Meeting ID: 959 5053 8168 Password: 559497

Carer's Sing Along

Every Wednesday 1.00pm-2.00pm

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

General Knowledge Quiz

Every Wednesday 7.30pm

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

Fortnightly Zoom Sessions

You Choose!

Fortnightly Mondays 1.30pm-3.00pm

1st March / 15th March / 29th March

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=S2Zvd1c0VzdUmRjSjN5Q0hoSitLdz099>
Meeting ID: 959 9420 5191 Password: 152489

Meditation & Relaxation

Fortnightly Tuesdays 1.30pm-2.30pm (10.30am from 13th April)

2nd March / 16th March / 30th March / 13th April / 27th April / 11th May / 25th May

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

Frank's Walk a Mile Club

Fortnightly Tuesdays 1.30pm-2.15pm

23rd February / 9th March / 23rd March / 6th April / 20th April / 4th May / 18th May / 1st June

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

24th February / 10th March / 24rd March / 7th April / 21st April / 5th May / 19th May / 2nd June

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

BME Carers Coffee and Chat

Fortnightly on Thursdays – 12.00pm-1.00pm

4th March / 18th March / 1st April / 15th April / 29th April / 13th Ma / 27th May

Zoom Link: <https://zoom.us/j/94348505063?pwd=VDBkRC9mUWVIMGtEWnR2eEhjTXE0Zz09>

Meeting ID: 943 4850 5063

Password: 010799

Monthly Zoom Sessions

Parent Carer Chat

Last Thursday of every month 12.30-1.30pm (1.00pm-2.00pm from April)

25th February / 25th March / (April onwards 1-2pm) 29th April / 27th May / 24th June

Zoom Link: <https://zoom.us/j/98083508526?pwd=Uk80cmRtYU9oSXJPN3FWb09mK3JHQT09>

Meeting ID: 980 8350 8526

Password: 824240

!!NEW!! Young Adult Carers (aged 18-24) Drop-in Sessions

Monthly, Tuesdays 6-7pm

9th March / 13th April / 11 May / 8 June

Zoom Link: <https://zoom.us/j/98052593267?pwd=R1RmQStWYmtGSzJjUIJIREIEam5Ydz09>

Meeting ID: 980 5259 3267

Password: 295452

News and Information

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

Launch of new ESF funded pan-Cheshire jobs and training programme

Journey First, a new pan-Cheshire jobs and training support programme which aims to help more than 5,000 young people and adults, has officially launched and is taking on new participants.

Funded by the European Social Fund, Journey First offers tailored one-to-one engagement and is designed to help those who are not in work, education or training. The project will be delivered by Cheshire East Council in partnership with Cheshire West and Chester and Warrington councils.

There are many young people and adults across Cheshire who are struggling to find work or decide on their next steps. But Journey First's team of employment support workers are on hand to give targeted individual support designed to help you find the path which suits you best, whether that be a new job, training or education.

Journey First is specifically aimed at young people, aged 16 – 24, as well as cared for children and care leavers; and adults who are long-term unemployed and have complex barriers to progression.

Anyone who is interested in the project can email the support team on:

journeyfirst@cheshireeast.gov.uk

Or call **07814 079458** or **07814 079405**

To find out more about Journey First visit:

<https://livewellservices.cheshireeast.gov.uk/Services/5995>



Cheshire East Council Questionnaire for all Carers

We want to hear from you!

Cheshire East Council are reviewing how we reach out to Carers, and your experiences as a Carer are important to us in shaping how services are delivered to our Carers in Cheshire East.

You can help us to do this by completing this survey, the questions are intended to see how services are for you now and the kind of services you would like in the future.

Visit: <https://surveys.cheshireeast.gov.uk/s/CarersExperienceSurvey2021/>

Sharing your experience of caring and of services across Cheshire East helps us capture and use evidence to improve and adapt services to meet your future needs. This survey does not ask for your name or contact details. Thank you for taking the time to provide us with your views.

If you would like to complete this survey over the telephone please contact Cheshire East Carers' Hub Service Access Team on **0300 303 0208** who will be able to assist you. This survey will be open until March 31st 2021.

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**

Providing PPE for the Covid-19 needs of Carers

Throughout the pandemic, 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) are now extending nationally an offer of free PPE for Covid-19 needs to all extra-resident Carers (i.e. those who don't live with the person they care for). If you are providing personal care to someone outside your home and you'd like to discuss a request for PPE, please contact Cheshire East Carers' Hub on **0300 303 0208**. Provision will be operated on a click and collect basis.

Featured Organisations

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.



The activities handbook

Supporting someone with dementia to stay active and involved

The Alzheimer's Society has created a handbook for anyone who is caring for a person with dementia. It will help you suggest enjoyable and engaging activities for the person you're caring for.

When you're supporting or spending time with a person with dementia, you may wonder what might help them to live well. Activities can provide ways for someone to carry on being the person they are however their dementia affects them.

Activities can also be an opportunity for carers and people with dementia to do things together and to connect with each other.

The activities handbook contains sections on:

- Choosing activities
- Helping a person with dementia enjoy activities
- Social, physical and outdoor activities
- Activities at home
- Online activities
- Other useful organisations

You can download it from their website www.alzheimers.org.uk or call **0333 150 3456**. Handbook Code **77AC**.

Keep everyone safe from fire - Get a personalised fire safety plan

Cheshire Fire and Rescue Service has launched an online Home Safety Check to help keep people and their homes safe from fire.

Risk rater will ask you to complete a questionnaire and then produce your personalised fire safety plan with advice on how to prevent fires from starting in the home.

The Service is urging Carers in Cheshire East to complete the questionnaire to help keep everyone safe. Head of Prevention Nick Evans said: "Our firefighters see first-hand the devastation a fire can have on a home so we are advising everyone to have a go at the Risk Rater questionnaire. "It's an easy way to find out if people are safe in their home and it only takes just a few minutes to complete.

If you can also look out for any potential fire hazards including chairs too close to heating sources, smoking materials and the disposal of the remains or the safe use of emollient creams and things being left too near a cooker hob. There's lots of help and support for Carers and also contact details for help and advice on our website.



"Finally working smoke alarms are essential in all homes and on all levels so please make it a priority to ensure any smoke alarms are working and that they are tested regularly."

There's lots of help available to Carers on the website:

www.cheshirefire.gov.uk/public-safety/fire-advice-for-carers-and-care-providers

Or for home fire safety advice please look at: www.cheshirefire.gov.uk/public-safety/home-safety

Carers Virtual Workshop

Our Carers Workshop is a virtual meeting for anyone looking after a friend or relative with a life limiting illness.

The workshop will be facilitated by a qualified nurse offering practical advice and information over a five week period.

We will provide coping skills and techniques to support you in your role as a carer, helping you to maintain your own health and wellbeing.

Each group lasts for 5 weeks and all sessions will be for approximately 1 hour.

- Week 1** Practical Advice
- Week 2** Symptom management
- Week 3** Support services
- Week 4** Self care
- Week 5** General / Group led & Hospice services

Relaxation Virtual Group Session Weekly on Thursdays at 1.00pm

Relaxation can be defined as the absence of tension in the muscles combined with inner peace, creating a feeling of calm in the mind and body.

It is a learned physical and mental state which takes practise but can help to significantly reduce the stress and tension we feel.

There are many benefits to be gained from regular, deep relaxation.

- Reduced Heart rate, lower blood pressure, improved breathing and less muscle tension
- General ease of aches and pains
- Feeling more balanced and able to cope emotionally
- Relaxation is free, has no side effects and it feels good.
- Our therapists can help you with some relaxation tools and techniques in our virtual relaxation sessions.

St Lukes are also offering Spirituality / Chaplaincy virtual services and Tripudio classes. Carers can self refer or find out more information by contacting St Luke's Day Hospice on **01606 555681** or visit www.slhospice.co.uk.

Age UK Cheshire East

Age UK Cheshire East runs a Scams Awareness and Aftercare Project in the north of the Cheshire East borough.

It raises awareness of scams and gives support and advice to people over 50 who have been scammed. Their volunteers report scams to the project and share information with older people in their community.

To sign up for their monthly scams awareness update bulletin, ask for support, book a scams awareness session for your group, or to volunteer with the project, contact the project manager direct at:

sally.wilson@ageukce.org

Or on **01625 612958**

Or on **07932 999902**

More information, including useful downloadable resources, can be found on their Age UK Cheshire East website.

ageuk.org.uk/cheshire/



Scams Awareness & Aftercare for Older People

Age UK Cheshire East and Cheshire East Council Trading Standards, are working in partnership to empower older people to avoid being scammed, and provide vital support to victims of fraud.

Over 50% of over 65s have been targeted by scammers.

We offer...

Monthly Scams Awareness Update bulletins direct to your email inbox

We deliver...

Scams awareness sessions for groups of older people who either meet together in person or use Zoom*

We provide...

Support and advice for older people who have been victims of scams*

* Subject to location

*Subject to support criteria

To sign up to the bulletin, book a scams awareness session or to ask for support, please contact **Sally Wilson**, project manager, at sally.wilson@ageukce.org or on **01625 612958/07932 999902**.

Dementia and Domestic Abuse

To raise awareness for Carers / those living with Dementia and Domestic Abuse. We have developed a leaflet which is aimed at promoting awareness with those individuals who are Carers / Living with Dementia.

If you feel you need support, please contact:
Cheshire East Domestic Abuse Hub

Call: 0300 123 5101


Adult Safeguarding: If you are worried about yourself or someone else, please do not ignore it. Listen carefully and make a note.

Then phone Cheshire East Council on:

Call: 0300 123 5010 (8:30am to 5pm Monday to Thursday and 8:30 am to 4:30pm Friday)


Call: 0300 123 5022 (at all other times including bank holidays)





Domestic Abuse

Carers/ individuals with caring responsibilities
& those living with Dementia




Domestic abuse includes physical, emotional and sexual abuse in couple relationships or between family members. Domestic abuse can happen against anyone

Anybody, including carers*, can be a victim of domestic abuse


People may have the idea that domestic abuse affects younger people or women with young children, and that it doesn't really affect people over 65 – this is incorrect, **it can happen to anyone, male or female**, this includes individuals such as **carers and those living with dementia**

*Unsure as to whether you are a carer? An unpaid carer is described as someone who provides their time and support, without payment, to family or friends who couldn't manage without help


Carers, and those living with Dementia, may not recognise or want to report incidents of Domestic Abuse but help and support is available




If domestic abuse is **happening in your life** or if you **see something**, are **told something** or something **doesn't feel right** you need to **report it**



If you are a carer for a partner or family member and are feeling **afraid** or being **hurt** this may be domestic abuse.





If you are being cared for by a partner or family member who makes you feel **afraid** or **hurts** you there is help



Please ring Cheshire East Domestic Abuse Hub at any time on **0300 123 5101** (Always ring 999 if in immediate danger)

www.openthedoorcheshire.org.uk
email - cedah@cheshireeast.gov.uk

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Tide is an involvement network for carers & former carers of people living with dementia. We help to build skills, knowledge & confidence so that carers can speak up & influence change in society.

- Become a member of Tide by signing up here: <https://www.tide.uk.net/>
- Join our private peer support group on Facebook: [Facebook Group](#)
- Take part in our **National Wednesday Coffee Mornings** on Zoom, 10.30am - 11.30 am.
- Follow us on [Facebook](#) & [Twitter](#)
- Share your experiences
- Get involved in projects that influence policy, research, & practice

Merseyside/Cheshire Virtual Meet-Up

Every Thursday, 12.00 noon - 1.00pm

All carers & former carers of people living with dementia are welcome to come along to this local virtual meet-up - for peer support, discussion, advice & ideas. You can register on the link below & a zoom link will be automatically sent to you.

Zoom Link: <https://zoom.us/meeting/register/tJArd-6grz4uHdEurLwW2rluV1brSk4IIX>

Specific Carer Groups

- Carers of People living with Young Onset Dementia: 1st Tuesday of the month, 7.00pm - 8.00 pm.
- Carers of someone living in Residential Care: 2nd Tuesday of the month, 1.30pm - 2.30pm
- Former Carers: Last Wednesday of the month, 4.00pm - 5.00pm
- Home Carers: 2nd Wednesday of the month, 7.00pm - 8.00pm

Contact Sarah (details on the next page) for the Zoom Links

Next Merseyside/Cheshire Workshop Sessions 2021

Welcome to Tide

Tuesday March 23rd, 12:00 noon - 1.00pm

An overview of Tide's work & the variety of opportunities available.

Zoom Link: https://zoom.us/meeting/register/tJYvc-mrqTMrGtSCj1aT_Y7GWctqJ00Ja6za

You Can't Pour from an Empty Cup

Tuesday March 9th, 12:00 noon - 1.00pm

Take time to look at your own emotional wellbeing, understand your triggers, & find key practical skills to use.

Zoom Link: https://zoom.us/meeting/register/tJEpdChqD0oGdVTBh7E2GyUBe_VMqN6g6QB

Getting Your Point Across

Tuesday April 20th, 12:00 noon - 1.00pm

Strategies, tips & hints to help you prepare for tricky conversations & get your point across effectively.

Zoom Link: <https://zoom.us/meeting/register/tJUlc-6oqTgiEtaL6o-Wur4oC5VfchTUoISU>

Living Grief & Bereavement

When caring for someone living with dementia, loss is not only felt at the end of life. This session acknowledges & gives you the opportunity to talk about the grief & loss felt while caring for someone living with dementia.

Tuesday February 23rd, 5:00pm - 6.00pm

Zoom Link: https://zoom.us/meeting/register/tJclcuopzwoEtBgo6pZoa_M2WTSnSuYC-Sz

Tuesday April 6th, 12:00 noon - 1.00pm

Zoom Link: <https://zoom.us/meeting/register/tJYlf-urrDkpHtKNIDtugTmLZHpRDNIQDrgN>

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

What is important to you about health, care and wellbeing?

Since May we have been asking people about their experiences during the Coronavirus pandemic, publishing two reports based upon our findings.

We have continually reviewed this survey to make sure that it is still relevant, and we would like to ask you if you could please spare 5-10 minutes to share your views and experiences in this survey to help service providers to understand directly from you what is going well and what could be improved.

The survey asks how you have found accessing advice and support, how you have been affected by changes to health and care services, and about your mental health and wellbeing during the Coronavirus outbreak. The survey is ongoing and people are encouraged to complete it more than once, so it doesn't matter if you have already filled in a copy earlier in the year, we still want to hear from. The link to the survey is here:

<https://www.surveymonkey.co.uk/r/DTS37SY>

If you would like a paper copy with a freepost envelope, or would like someone at Healthwatch to talk to you over the phone or via video call to help you complete the survey, please email info@healthwatchcheshire.org.uk or call **0300 323 0006** and we will be more than happy to arrange this for you.

Online Feedback Centre

Have a comment about a specific GP Practice, Hospital, Care Home, Social Care provider, Dentists, Optician or Pharmacy? Telling us about your experience using our online Feedback Centre is quick and easy:

www.healthwatchcheshireeast.org.uk

Join our Citizens Focus Panel

Your opinions on health and care issues are really important to us. One way you can get involved and share your views and experiences is by being a member of our Citizens Focus Panel.

The Citizens Focus Panel is designed to enable us to get feedback on particular topics from a set group of Cheshire residents on a regular basis. This would entail us sending you very short online surveys throughout the year, which you can complete on your computer, tablet or phone. So, if you have 5-10 minutes at home, on a coffee break or even on your commute, it is easier than ever to have your say on your local NHS and care services. You may also be invited to get involved in online events and consultations.

More information on the Citizens Focus Panel, and how you can become a member, is available on our website:

<https://healthwatchcheshireeast.org.uk/get-involved/citizens-focus-panel/>

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

(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

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

Cheshire East People Helping People

Call: 0300 123 5034

Visit: https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/cheshire-east-people-helping-people.aspx

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

Cheshire
East **YOUNG**

carers'
HUB

th

Spring Edition 2021



8th 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

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



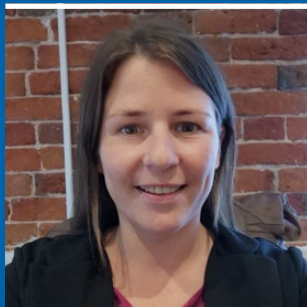
Welcome...

We hope this Newsletter finds you all safe and well and you have had a lovely festive season. We have progressed through what seems a long period of coping / living with the Coronavirus environment which has been a difficult time for many of us. If you are experiencing any difficulties, please let us know and we will look to find you the right support.

We continue to check in with a number of you through phone calls, texts, emails, video calls and school visits for those of you attending school. 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. 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.

We continue to run our interactive Zoom activities which you may like to join. If you are interested in any of these activities, please let us know and we can give you more details and send you everything you need to join in with us! We hope you can get involved in some of our Zoom activities and as always, we are here if you need any support from us.

Best wishes,
Cara, Cathryn and Sally



Cara Fullelove
Senior Young Carers
Practitioner



Cathryn Rayner
Young Carers Practitioner



Sally Newton
Young Carers Practitioner

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- 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



Sally Newton
Young Carers Practitioner

Meet Sally, our new Young Carer's Practitioner!

We are delighted to welcome Sally to the Young Carers Team. Sally joined us in November, some of you will have already met her at our Zoom sessions or during assessments and 1-1- sessions.

Before joining us, Sally worked for many years with children and young people as a Teaching Assistant in Macclesfield. She has also worked as a Support Worker and has had a caring role for numerous people including a young man with additional needs. Sally is a qualified gymnastics and dance teacher and has taught in schools across Cheshire. She has performed at various events in the UK and Europe with her entertainments team. Sally has already shared some of skills with us this year running a Gymnastics and Cheerleading session on Zoom.

Zoom Activities

We have been a running a film project on a Thursday evening throughout the first half term of the spring term and we are continuing the project through to the Easter Break.

The group had been making their very own film, from scratch, all on Zoom! We can't wait to share the finished film and congratulate our "Film Makers" at the end of the Spring Term. We have also held fortnightly taster sessions on a Monday evening for our Young Carers to try a range of activities including Gymnastics, Craft, a Book Club and Wellbeing session. In our Wellbeing session we came up with our own self-care ideas and some positive affirmation for our "Positivity Jars". Following the session, we sent participants a self-care booklet so they could complete their own self-care plans. Please contact us if you would like to join any of our Zoom sessions.



Looking after yourself as Young Carers

The past year has had an impact on everybody's wellbeing, not seeing friends and family, not going to school for different periods of time, coronavirus itself and the anxiety that can cause.

Have you ever heard the phrase 'you can't pour from an empty cup'? You are all Young Carer's meaning you help to care for somebody else in your family, it is important now more than ever that you look after yourself and your wellbeing for your own good as well as supporting you to be able to care for others. You may have seen this called 'self-care' as well.

Here are our self-care tips for looking after your own wellbeing:



Get plenty of sleep: Sleep is vital for good mental health, try and create a nice evening routine for yourself and try and get a good nights' sleep!



Get outside! Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin, which is associated with boosting mood and helping a person feel calm and focused



Spend time with your pets: The companionship that a pet offers is a great way to reduce anxiety and stress. A pet can be a great source of comfort, companionship and motivation as well as a distraction from negative thoughts.



Write or draw! Taking part in a creative activity without the pressure of the right or wrong from school can be a great distraction and mood booster!



Talk! Speaking about how you feel to trusted friends or family can really help you process your worries and thoughts and help you move past them.



Services and News for Young Carers

ChatHealth

Cheshire East have launched a new Health and Wellbeing text service for Young People aged 0-19 years, and up to 25 years for Young People with SEND. Young people can text 07509 329908 to receive confidential advice from a School Nurse about a range of health and wellbeing topics. The Young Person will receive a confirmation text to say a School Nurse has received the text and they will be contacted by a Nurse within one working day.

The service operates Monday-Friday 9am-5pm.

Text: **07509 329908**

Visit: www.wchc.nhs.uk

Kooth

Kooth.com is a free, safe, confidential and non-stigmatised way for young people to receive counselling, advice and support on-line. This very popular service is used by large numbers of young people and delivers over 20,000 counselling sessions each year. Staffed by fully trained and qualified counsellors and available until 10pm each night, 365 days per year, it provides a much needed out of hours service for young people.

Visit: <https://www.kooth.com>

The Mix

The Mix provides free confidential support to young people under 25. Its website has information about your rights and how to look after yourself during Coronavirus, and specific information for young carers and young adult carers. It also has a crisis messenger service, a helpline and online 1-2-1 chat if you need to talk to someone.

Visit: <https://www.themix.org.uk/>

Young Minds

Young Minds is a charity focusing on children and young people's mental health and wellbeing. The website can help you if you are struggling with your mental health and has specific blogs to help you to cope with the Coronavirus situation.

Visit: <https://youngminds.org.uk/>

YACbook

YACbook is an online community and resource space for and led by young adult carers. A young adult carer has written up their tips for coping in the current situation.

Visit: <https://www.yacbook.co.uk/post/it-s-okay-not-to-be-okay-tips-for-being-kind-to-yourself-during-lockdown-staysafe-stayhome>

Childline

Childline's website has information and tips to help you to cope with the Coronavirus situation. You can also call the helpline

Call: **0800 1111**

Visit: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Honeypot

Honeypot is a children's charity that has compiled a list of tips for children and young people who are isolating at home.

Visit: <https://www.honeypot.org.uk/news/honeypots-tips- coping-isolation/>

Young Carers Action Day - 16th March 2021

The day will be shaped with input from Young and Young Adult Carers across the UK to ensure the day meets your needs. The theme this year is "Protect Young Carers Futures" and the organisers (the Carers Trust) are asking Young Carers to get involved by having your say and visiting the website.

Visit: <https://carers.org/young-carers-awareness-day/young-carers-action-day-2021>

CARERS TRUST **YCAD**
Steering Group

TAKE ACTION!

EDUCATION
WHAT ACTION COULD BE TAKEN IN SCHOOLS/ COLLEGES AND UNIVERSITIES?
Extend of support from education and beyond
SCHOOL
TEACHER AWARENESS
PEOPLE DON'T CARE THAT YOU'RE A CARER
YOUNG CARERS CHAMPION
PROVIDE A SAFE SPACE
VC
HELP WITH REVISION AND EXAMS
SUPPORT TEACHER IN SCHOOL

MENTAL HEALTH
WHAT ACTION COULD BE TAKEN FOR MENTAL HEALTH?
CREATE A COMMUNITY SPACE
free GYM Membership
DOCTORS, NURSES...
BE PATIENT AND LISTEN
WHAT MATTERS TO YOU?
feel good MUSIC

ACCESSING SERVICES
BICYCLE HELP
LOCAL BUS OR CAB SERVICE
BUS PASS

A PLEDGE
AWARENESS AND SUPPORT IN SCHOOLS
GET YOUR CAMPAIGN GOING!
FUNDING
FOCUS ON SECONDARY SCHOOLS
MORE MENTORING
BREAKING THE STEREOTYPES
FINDING FRIENDS
BIG BOLD ASK

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