

# Newsletter

**Bury**

carers'  
**HUB**



**ONE  
IN SIX**

people in the UK  
are Carers

**Welcome  
to the**

**1<sup>st</sup>**

**Carers' Hub  
Bury  
Newsletter**

n-compass Bury Carers' Hub provides a single point of access for all adult Carers (18+) supporting another adult living in Bury. The Hub exists to ensure that Carers have access to information, advice and a wide range of support services.

These support services are designed to help Carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a Carer's own health and wellbeing.

# Who is a Carer?

A Carer is someone who cares for a family member, friend or neighbour who could not manage without their support.

A Carer may not always live with the person they care for, but their help can often be essential in enabling that person to go on living independently.

Whether they require care because of mental illness, disability, health, age, or substance misuse problems.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support.

Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful over time.

**Do you relate to any of the below? If so, we may be able to help you:**

- **Do you get enough sleep?**
- **Is your health affected?**
- **Are you thinking about giving up work to care?**
- **Do you feel lonely or isolated?**
- **Do you worry about what would happen to the person you care for if something should happen to you?**

# What is a Carers assessment and how do I get one?

The Care Act 2014 states any Carer who appears to have a need for support should be offered a Carers assessment. This will give you the opportunity to discuss what information is available and find out what community support is available locally.

The assessment will look at how caring affects your life, including for example,

physical, mental and emotional needs. You can have an assessment even if the person you care for is not eligible for support, or is refusing social care services.

**To access a Carers assessment, please contact the Connect and Direct Hub on 0161 253 5151.**

**Contact us today**

## **BURY CARERS' HUB IS DELIVERED BY N-COMPASS**

**Telephone: 0300 303 0207 (calls charged at local rate)**

**Text: 07786 201226**

**General Email: [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)**

**Website: [www.burycarershub.org.uk](http://www.burycarershub.org.uk)**

**Online Chat: [www.n-compass.org.uk/our-services/carers](http://www.n-compass.org.uk/our-services/carers)**

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

# WHO ARE WE?

Our friendly and experienced team at Bury Carers' Hub have extensive knowledge of working with Carers throughout the Borough of Bury.



**Jayne Harrison**

*Service Manager*

Jayne is the point of contact for our local partner organisations and leads on developing our service including activities, training workshops and events. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways and supports the team.

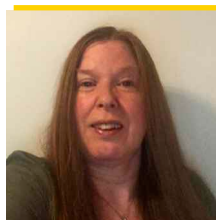
Our Carers Information and Support Officers work primarily in the local community providing information, advice and guidance for Carers on an individual basis. They provide group activities, currently digitally, at our weekly Coffee and Chats.



**Debbie Graham**

*Carers Information and Support Officer*

Debbie has worked with unwaged Carers for over 2 years and is always there with a listening ear and a smile.



**Jacqui Byron**

*Carers Information and Support Officer*

Jacqui has worked in Carer support for several years with different organisations and has a 'can do' approach to everything.



**Isis Holland**

*Carers Information and Support Officer*

Isis has worked within Carer services for 2 years and has a great understanding of how being a Carer can impact on an individual's wellbeing.



## WHAT WE OFFER

### **Carers' Contact Line**

A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 8.00am until 5.00pm to help with your enquiries, to transfer your call to, or to take a message for, a Carers Information and Support Officer. To talk to a Service Access Advisor please call **0345 0138 208**.

### **Support from a named Carers Information and Support Officer**

Discuss with a dedicated Support Worker, 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 from your caring role and can facilitate access to community health and wellbeing services, activities and much more. We have experienced and skilled staff in fields such as dementia and mental health.

### **Carers' Help and Talk (CHAT) Line**

Do you sometimes want to talk but feel that there is no one to talk to? Don't remain silent – call the Carers' Help and Talk (CHAT) Line. All calls are answered by our Volunteers who can offer understanding with regards to the common challenges faced by Carers. Our CHAT Line is available 24 hours a day, 7 days a week, 365 days of the year. To talk to one of our Volunteers please call **0330 022 9490** calls charged at a local rate. If your call is not immediately answered by one of our Volunteers, please try calling again.

### **Would you like our friendly Volunteers to call you?**

Our n-compass CHAT Line telephone support line is now offering calls to Carers. Our trained Volunteers would like to offer a listening ear to Carers, provide emotional support, or have a friendly chat. If this is something you are interested in and would welcome a friendly chat with one of our Volunteers please contact our Service Access Team on **0300 303 0207** calls charged at a local rate or **[enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)**



## Social Media



### Facebook

Please “like” our Facebook page by logging into Facebook and searching for ‘Bury Carers’ Hub’ or click on the following link <https://www.facebook.com/Bury-Carers-Hub-100983494977654>

Once you have liked and followed our page, you can also join our group for Adult Carers – this is a closed group for Carers in Bury. Here we keep you updated regularly with activities and events across the borough and we will also post any news or offers. To join the groups, you should be able to find them within the page, or search for ‘Bury Carers’ Hub Group’.



### Twitter

Follow us @ncompass.

## Care for Carers

Following a successful bid to the National Lottery Community Fund, we are now able to offer up to 6 sessions of professional counselling to Adult Carers registered with Bury Carers’ Hub.

For further information, please contact our Service Access Team **0300 303 0207**.



## Carers’ Community Network Platform



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

It only takes a minute to sign up and, once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have over 350 active members who are looking forward to connecting with you!

Once you have joined, 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 Community Network Platform you are agreeing to all these Terms of Use and Policies.

If you would like to join our Carers Community Network Platform please contact our Service Access Team on **0300 303 0207** calls charged at a local rate or [enquiries@burycareshub.org.uk](mailto:enquiries@burycareshub.org.uk).



## 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.

Bury Carers' Hub has teamed up with **Carers UK** to offer Carers within our area 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, click on the link or visit [Carersdigital.org](https://Carersdigital.org) and use our access code: **DGTL2949**.

The resource has lots of features including those listed below:

- **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**.





## Volunteer with us

Bury Carers' Hub is recruiting to our 'Friends of Bury' volunteer roles. 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.

Volunteers also support our services in many other ways. If you are interested to hear more, we'd love to hear from you!

Please call **0300 303 0208** or email **[volunteering@burycarershub.co.uk](mailto:volunteering@burycarershub.co.uk)**

## Carers' Awareness Briefings

Are you and your colleagues '**CARER AWARE**'? Do you meet unwaged Carers or do you have any within your team, group or organisation? If so, Bury 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 include :-

- Help to identify unwaged Carers
- Help to understand the needs of Carers and the impact of caring on their own health and wellbeing
- Increase your knowledge of what support is available from Bury Carers' Hub, Bury Adult Care and national organisations.

For further information, or to book a briefing session please call **0300 303 0207** or email **[enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)**





## BURY CARERS' HUB COFFEE AND CHAT

Every Thursday 10.30-12, the team will be here to welcome you. Grab a brew and a biccys and come and say hello. It's your time to spend it with other Bury Carers, some new and some old friends. Guaranteed laughter and possibly some tears but it will most definitely be fun, informative and a safe space to chat.

### JOIN ZOOM MEETING

<https://zoom.us/j/99257310099?pwd=QzNwcnAwRVFjYkdVTTJnYWtuZE-N6UT09>

Meeting ID: **992 5731 0099**  
Password: **141594**

## Useful Numbers

Bury Adult Care Connect and Direct:  
**0161 253 5151**

Bury Council: **0161 253 5000**

Emergency Duty Team  
(Emergency Out of Hours): **0161 253 6606**

Staying Well Team: **0161 253 5151**

GMP Bury: **0161 872 5050**

AGE UK Bury: **0161 763 9030**

Bury VCFA/Beacon Service: **0161 518 5550**

GM Fire and Rescue (Free Home Check):  
**0800 555 815**

Citizens Advice Bureau: **0300 330 9071**

The Bury Directory:  
<https://theburydirectory.co.uk/>

Fairfield General Hospital: **0161 624 0420**

Healthwatch Bury: **0161 253 6300**



Coronavirus (Covid 19) guidance for Carers:

<https://www.onecommunitybury.co.uk/1631/widgets/5749/documents/5806>

One Community Carers information link:  
<https://www.onecommunitybury.co.uk/bury-carers-information>

Getting Help Line:  
<https://www.onecommunitybury.co.uk/5203/widgets/15587/documents/6038>

Coronavirus alert leaflet:  
<https://www.onecommunitybury.co.uk/5203/widgets/15587/documents/6379>





## HEALTHWATCH



We are an independent consumer champion for health and social care, and have significant statutory powers to ensure your voice as local people is strengthened and heard by those who commission, deliver and regulate health and care services.

### We:

- Listen to your views and experiences on the way health and social care services are delivered
- Provide you with relevant information about local health and social care services
- Use your views to influence how services can be improved
- Make your views known, in order to influence the design of future services

### Tell us about your experiences of:

- NHS Hospital Trusts/Foundation Trusts
- Local Authorities – adult social care homes, day centres and domiciliary care
- GPs
- Dentists
- Pharmacies
- Opticians
- Mental health services
- Carers at home

### Contact Details:

Healthwatch Bury CIC, St Johns House, 155 – 163 The Rock, Bury, BL9 0ND

Telephone: 0161 253 6300

Email: [info@healthwatchbury.co.uk](mailto:info@healthwatchbury.co.uk)

Website: [www.healthwatchbury.co.uk](http://www.healthwatchbury.co.uk)

## BURY ADULT LEARNING HEALTH AND WELLBEING COURSES

**Feeling down, anxious, fed up experiencing low mood or know someone who is?**

Bury Adult Learning Service can offer a FREE course for people (19+) that are experiencing these conditions with the aim of helping to improve mental wellbeing.

COURSE	DAY	DATE	TIME	VENUE
<b>Mindfulness CMHB221</b>	Tuesday	22/9/20- 20/10/20	1.00- 3.30pm	<b>Bury Adult Learning Centre</b> 18 Haymarket St, Bury BL9 0AQ
This very relaxing course will develop your understanding of how to use Mindfulness as a tool to support your wellbeing. Bringing Mindfulness into your life can help with; negative thoughts, pain and defuse the stress which daily life can cause. Developing Mindfulness techniques can also help when dealing with stressful situations such as job interviews or starting a new job.				
<b>Get To Know Your Tablet &amp; Apps For Wellbeing CMHB321</b>	Wednesday	23/9/20- 21/10/20	1.00- 3.30pm	<b>Bury Adult Learning Centre</b> 18 Haymarket St, Bury BL9 0AQ
An introduction to some of the main features and uses of tablets with a particular focus on downloading and using apps that can help to improve mental wellbeing. You will also learn about the opportunities available for job searching using apps.				
<b>Improve Your Mood Through Food CMHB401</b>	Thursday	24/9/20- 22/10/20	9.30- 12.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket St, Bury BL9 0AQ
Learn how to cook simple, healthy meals including looking at the theory behind food and how what we eat can affect how we feel. Develop an awareness of how to improve a healthier lifestyle by making healthier food choices. Also learn about the many opportunities for employment or self-employment within the catering sector.				
<b>Bake Yourself Happy CMHB421</b>	Thursday	24/9/20- 22/10/20	1.00- 3.30pm	<b>Bury Adult Learning Centre</b> 18 Haymarket St, Bury BL9 0AQ
A creative course combining bakery, both sweet and savoury dishes and learn how to create some simple cake decorations. Come and experience how participating in a creative activity with others can be fun and help you relax. Also learn about the many opportunities for employment or self-employment within the catering sector.				
<b>Keep Calm &amp; Budget CMHB501</b>	Friday	25/9/20- 23/10/20	9.30- 12.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket St, Bury BL9 0AQ
What is your relationship with money like? Does it stress you out? Do you just 'bury your head in the sand'? This course will provide you with some of the skills and tools needed to help take control of your money both practically and emotionally. It will help you learn to plan, take control and identify how you can save money and cope with changing circumstances, such as starting a new job.				
<b>Art To Reduce Anxiety &amp; Stress CMHB521</b>	Friday	25/9/20- 23/10/20	12.30- 3.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket St, Bury BL9 0AQ
For many people art provides an opportunity to relax, which frees their creativity. Join us for a relaxing afternoon and explore different art techniques using them to produce pieces of art you will be proud of.				

If you want to know more about these courses, or if you are experiencing a mild to moderate mental health condition, or you know of somebody who is, please contact Sue Scott at Bury Adult Learning Service on 0161 253 6830 or email [s.scott@bury.gov.uk](mailto:s.scott@bury.gov.uk)

**Individuals are asked to attend a pre-course meeting before enrolling onto a course.**

## About our courses for improved mental health and wellbeing

Our courses are all specifically developed for adults to help you improve your emotional wellbeing, whilst learning something new, meeting people and having fun! Courses take place at Bury Adult Learning Centre and community venues. The courses provide the opportunity to identify and practice ways to cope and feel better.

### We offer

- 1:1 meeting with a member of our team
- Qualified tutors with empathy and experience in mental health who will help you learn in a fun and relaxed manner
- Friendly, welcoming venues
- Support to build your confidence, learn something new, make friends and have some “time out”

### Worried about attending?

Attending a course for the first time can be difficult. Our tutors want to make you feel welcome. If you are worried about walking through the door for the first time, please tell us and we will make sure that someone is there to meet you outside.

### How to enrol

To make sure the course is right for you we like to meet you first. You can contact Sue Scott on **0161 253 6830** and let her know which course you are interested in and she will arrange an appointment for you. Or email [s.scott@bury.gov.uk](mailto:s.scott@bury.gov.uk)

## Frequently Asked Questions

### What will happen when I ring up?

When you call we will take some information about you and the course you would like to do. We will then arrange an appointment. You can discuss with us what courses are appropriate for you, what you hope to gain from any course you undertake and any concerns you might have.

### Is there an assessment?

No; however we will ask you to complete a health and wellbeing questionnaire when we first meet you and at regular intervals throughout the course. This helps us check if the courses are right for you and helps to assess what impact the course has on your mood and wellbeing.

### What happens if the courses aren't right for me?

We will help you find another course that is more suitable and discuss any other support that may help you in a confidential manner.

### What will happen after the course?

Throughout the course your Tutor and Sue will support you to think about your next steps.

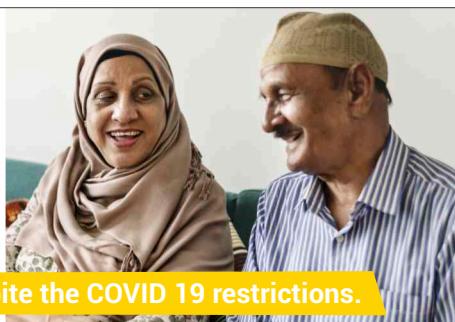
*"I am a solicitor and specialise in later life planning which includes Wills, Powers of Attorney, Care fees and Inheritance tax amongst others. I have been involved with Carers in Bury for almost 5 years regularly giving talks and advice in support of the local community. I also present to care homes, Carers and individuals throughout the North West including Greater Manchester Mental Health Hospital, and have been in the Daily Mail, Daily Telegraph, Financial Times and the Metro discussing these topics. What underpins everything I do is encouraging people to be proactive, to sort out their legal affairs in good time which benefits not only themselves but also their families by avoiding unnecessary stress and hassle at what might already be a difficult time."*

If you wish to speak with Ben, please email him [ben.tyer@glplaw.com](mailto:ben.tyer@glplaw.com).

Alternatively call GLP 0161 764 1818 to arrange a mutually convenient appointment





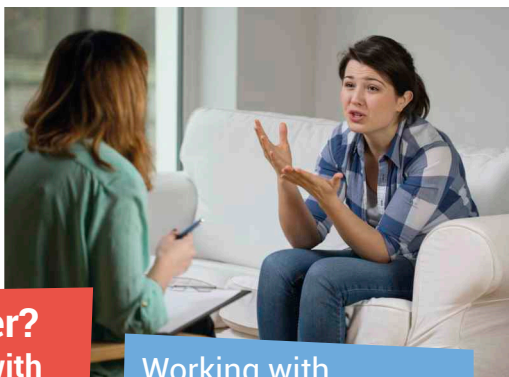


Support is available to you despite the COVID 19 restrictions.

# Bury

carers'  
**HUB**

# CARE FOR CARERS



**Are you an 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 0207**

*(Calls are charged at local rate)*

**[enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)**

**[www.burycarershub.org.uk](http://www.burycarershub.org.uk)**



**n|compass**  
towards a brighter future



HM Government

In partnership with  
**THE NATIONAL LOTTERY  
COMMUNITY FUND**

**Bury**  
COUNCIL

**NHS**

Bury

Clinical Commissioning Group

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



## A DAY IN THE LIFE OF A CARER

Carole Martin - August 2020

### Two frogs avoid being boiled - yet again!

Write about 'A day in the life of a Carer' they said. It will be fun, they said. Well no, they didn't really – our wonderful staff know it isn't always fun – although sometimes it can be. They also know that every Carer is different, and every person cared for too.

But anyway, when my autistic son and I look back, we can both see that we're a couple of frogs, who hopped into this pot of nice cool water a few years ago, and are

slowly warming up, hardly realising how we're adapting to each other. We're a team, managing this caring stuff together. One of us might even be able to stretch a froggy leg out and turn the heat down at times. Or even get a jugful of cold water to add to the pot.

Up we get, then, about 6.30am. and have breakfast together. One of the characteristics of autism is routine; we have the same breakfast and lunch too. There is some wriggling room at dinner, when we can negotiate what we eat, and cook together.

My son is brilliant and helpless in equal measure. His mind is a wonder; he has superb recall of events way back. He's a learning machine, easily and persistently absorbing facts and skills that he wants to learn, and setting high standards for himself, so that he becomes very good at almost anything he chooses to do. The number of random things he knows is endless. He's a whizz at any kind of technology too – the go-to frog for anything involving buttons, keys and screens.

Brilliant, kind and funny – but helpless too.

The 'helpless' part is complicated. I have to remind him of virtually everything throughout the day. Don't forget your pills; are you going to open your window? Who's cooking the vegetables? Here are your clean clothes for the morning; don't forget you promised X you'd send them an email . . . do you need to take your jumper off, you look hot? And of course, we join in with the great operatic chorus of 2020 - don't forget to wash your hands!

This sort of thing is connected to another issue, a peculiarly autistic one known as 'executive functioning'. Roughly, it means the ability to plan, order, arrange and carry out a project. He loses track, gets distracted or bored, or just plain forgets. I need to be aware, too, that his energy levels are usually low. So we have to think in terms of getting one or two things done at a time.

One of the things I'm learning, as Carer frog, is when to remind or even push, and when to leave things alone, and let him deal (or not) with his life decisions. He is an adult after all. Making these 'interfere or not' decisions is really one of the hardest things about being a Carer. When it's easiest to just do the job myself (trying to share housework, for instance, is a completely rancorous, losing game), and when to ask – and ask again – and again. I choose my battles carefully, because two frogs having a fight in a pot of warm water is not a pretty sight.

This frog doesn't do housework. He's kind, and he'll do a specific task if I ask nicely – carrying the Hoover upstairs, or putting a bin out. But he can't manage a multi-faceted, ongoing responsibility, like 'taking care of putting the bins out every week' or 'keeping your room tidy' without me asking, or reminding. Or helping.

So we've done our morning. With any luck, he's been in his room learning something, and I've been doing domestic chores, having a go on the exercise bike, keeping up with friends online, and writing poetry and pieces like this. Creativity is often a lifesaver. Earlier in the day, we made our own bread together: that's done and rising in the warm.

Lunchtime is 12 noon. No, not ten to or ten past. Twelve noon. We have 'The Lunch' together - the same every day. Then, for me, a nap - the only perk I claim from being old.

Later on, The Walk happens. Not having a car, we've worked out a pleasant half-hour circular walk which we do nearly every day. It's The Walk. Not any other walk. Routine, remember? Afterwards, it's "wash our hands, and a cuppa" before we separate again, he to his computer, probably, and me to a bit of relaxation, a book, doing some of my jigsaw, and some music.

Dinner time is six o'clock, and we start cooking together around 5.30 – something simple, usually. Later, we each retreat to television or a film in our rooms.

Keeping things organised is like a dash of cool water in our pot. So around ten, I put out the pills for the morning and make sure the breakfast mugs are ready. And then it's bed. Tomorrow is another day – the same old pot, the same two hopeful frogs, but maybe cooler water, and every single morning, another chance to have a better day.





## A DAY IN THE LIFE OF A CARERS' INFORMATION AND SUPPORT OFFICER (DURING LOCKDOWN!!)

So I will try and explain how working life as a Carers' Support and Information officer has been for the past few months – in the middle of March we were sent home from our office and told we would have to work from home – it was a very fast eviction – we had half an hour to collect all those lipsticks, nail files, half eaten bananas and old cakes from our desks!! Oh and we had to rummage around under dusty desks to unplug the computers and mobile phone cables – none of us looked out of place in Bury running to our cars with the computers under our arms and leaving a trail of dust and mouldy food!!

**Day 1...** Plugging in the computers and phones in underneath our not so dusty kitchen tables!!

What do you sit on?? What do you use as a desk?? Well that is where the fun begins – kitchen tables and chairs are totally the wrong height and position to be suitable to work from. Move the fruit bowl – move the unpaid bills – move the shopping list and get the duster out!! Hey- we will only be here a couple of days it will be fine.....





**WEEK 22** ... we all have shares in back pain medication – we all have bottoms the same shape as our very unsuitable kitchen chairs – we all have roots down to our shoulders (well some of us had those before lockdown!!) we all had to choose the best backdrop wall in our kitchens as we soon realised we were going to be seen by every colleague, management teams and Carers and their families on screen and so were our kitchens!! We all had kettles in our background shots!!

However....in all fairness the first week was undoubtedly difficult to get to grips with –nobody could get the WIFI signal right – nobody knew how to position the screen so that it got our best side and didn't show the pyjama bottoms and fluffy slippers!! We are all social animals and love the human interaction and face to face contact we were used to with our wonderful Carers and their families.

Time to think on our fluffy feet and get tech savvy – our new employers N-compass were right there to our rescue thankfully – they have enabled and helped us all get to grips with doing everything we could possibly do to maintain the service we are all there to provide for “our gang” “our work family” and we have managed to get lots of you lovely people up and running on our Zoom virtual coffee and chats, cookery demos, show and tell, quizzes and managed to have lots of laughs on our journey together – and tears of course because

let's face it – this has been a totally unique and most challenging of times for all of you lovely Carers.

We all now have had to learn new words “shielding” “masks” “social Distancing” “lockdown” etc – who could have ever predicted the world would be so different and uncomfortable for so many people.

We take our hats off to how most have you have muddled through – accepting that this is how things are currently and may be for a little while longer – but you are all a strong, stoic bunch and we really do admire the roles that you all play in keeping your loved ones safe, well and most importantly loved and cherished.

We can only imagine the strain on Carers of all shapes sizes and ages however for those of you having to explain to a loved one dealing with the cruel diagnosis of Dementia this must be more challenging than most of us can think about – when you already don't have time to nip to the loo you have had to deal with trying to explain to already muddled minds those new words I mentioned previously – and the isolation of your situations can have only tested your resolve to the max. We salute and admire each and every one of you.

We realise how much you have all missed the personal touch – the meet ups – the day trips and the community of Bury Carers Hub – we promise you that we have too and we are all rooting for life to return to some of what we are all yearning for – we will be able to maybe start doing some face to face – socially distanced – masked and sanitised meet ups fairly soon but until then you all know where we are – at the end of the phone or e-mail – we are still here to do anything we possibly can to support and help you during these strange times.

**Take care – stay safe – hang in there – drink Gin!!**



## BURY CARERS' HUB TIMETABLE OF EVENTS

### Carers' Choice!

Fortnightly Mondays from 12th October. 1.30pm – 3pm

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

This is a Zoom 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=S2Zvd1c0VzdUmRjSjN5Q0hoSitLdz09>

Meeting ID: 959 9420 5191  
Password: 152489

### Meditation & Relaxation

Fortnightly Tuesdays 1.30pm – 2.30pm from 1st September

1st September / 15th September / 29th September / 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

Tuesdays 1.30pm-2.15pm Fortnightly

8th September / 22nd September / 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

### Carers' Choir Weekly

Wednesday 1pm-2pm until 16 December excluding 28 October

Zoom Link: <https://zoom.us/j/97216826373?pwd=dDNjUzQ5aUQ0b1YreU9EbXUOdngzQT09>

Meeting ID: 972 1682 6373  
Password: 273920

### Evening Coffee and Chat

Tuesdays 7pm-8pm

Zoom Link: <https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLZzdjUT09>

Meeting ID: 959 5053 8168  
Password: 559497



# 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 Cheshire Independent Agents  
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 Poole Alcock Solicitors 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; and
- 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=WVFhWHliMENVSXhabVJ0azdiRGsvdz09>

Meeting ID: **959 3381 1305** Password: **641289**

# ANIMAL WORD SEARCH

You can also play this word search online through the following link -  
<https://thewordsearch.com/puzzle/1383622/>

E	N	G	L	E	O	P	A	R	D	G	P	A	C
S	M	M	G	O	H	E	G	D	E	H	O	P	R
O	O	A	T	G	O	D	O	L	A	F	F	U	B
G	L	H	I	P	P	O	P	O	T	A	M	U	S
O	E	K	G	E	G	T	N	R	A	Z	P	G	A
N	P	O	E	O	N	H	U	N	N	E	E	A	I
A	K	A	R	E	S	T	B	A	E	B	T	D	S
T	L	L	G	H	O	R	S	E	Y	R	P	A	E
U	E	A	P	I	T	B	P	E	H	A	H	Y	C
G	E	T	O	Y	O	C	T	U	R	T	L	E	I
N	T	H	E	K	A	N	G	A	R	O	O	N	H
A	R	T	D	B	P	E	N	G	U	I	N	A	L
R	O	H	R	E	L	E	P	H	A	N	T	N	L
O	P	E	L	I	C	A	N	T	R	O	A	R	K

ELK  
 HYENA  
 CAT  
 LEOPARD  
 DOG  
 KOALA  
 ORANGUTAN

HIPPOPOTAMUS  
 HORSE  
 PELICAN  
 TIGER  
 ELEPHANT  
 TURTLE  
 HEDGEHOG

COYOTE  
 KANGAROO  
 PENGUIN  
 ZEBRA  
 MOLE  
 BUFFALO





## CHEDDAR AND SAGE SCONES

### Ingredients

- 225g self-raising flour
- 1 ½ tsp English mustard powder
- 50g cold butter, cubed
- 100g mature cheddar, grated
- 1 tbsp finely chopped sage, plus 8 small leaves
- 1 egg, beaten
- 100ml buttermilk

### Step 1

Heat oven to 220C/200C fan/gas 7. Mix the flour, mustard powder, ½ tsp salt and a grinding of black pepper in a large bowl. Rub in the butter until the mixture resembles fine crumbs. Stir in half of the cheese and the sage. Mix the egg and buttermilk together in a separate bowl.

### Step 2

Make a well in the centre of the flour mix and pour in all but ½ tbsp of the buttermilk mix. Working quickly, stir until the mixture forms a soft, spongy dough.

Tip onto a lightly floured surface and knead briefly until smooth. Roll out to a 3cm-thick square. Cut into quarters, then half each quarter diagonally, so you have 8 triangles.

Place the scones on a floured baking tray, brush with the remaining buttermilk, sprinkle over the remaining cheese and top each with a sage leaf.

Bake for 12-14 mins until they are well risen, golden and sound hollow when tapped on the bottom.

Eat while still warm, spread with butter.

## OTHER INFORMATION

### CEA Cinema Card

The CEA card is a national scheme set up by the UK Cinema Association and is accepted by 90% of cinemas in the UK.

The card provides one free ticket for an accompanying person. When a cardholder pays for their ticket, their accompanying Carer will go free into the cinema to assist them.

To be eligible for a card, applicants need to be in receipt of one of the following

1. Registered severely sight impaired or sight impaired (formerly registered blind or partially sighted)
2. Disability Living Allowance
3. Personal Independence Payment
4. AFIP
5. Attendance Allowance



**If you are unable to find this correspondence, or do not meet the above criteria but believe that as a result of your disability you still need someone to accompany you to the cinema, please contact us.**

Applicants must be 8 years of age or older. There is a £6 processing fee for applications and cards are valid for 12 months from the date of issue.

More information, including how to apply, may be found at <https://www.ceacard.co.uk/>

# Befriending Week

celebrates everything

## #Befriendings

1-7 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.



## **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 YAC 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.or.uk](mailto:Jayne.harrison@burycarershub.or.uk). Or alternatively send to FREEPOST Bury Carers' Hub. The winner will be notified by 20/11/2020**

**GOOD LUCK EVERYONE**



**Disclaimer:** Please note that whilst **The Carers' Hub Bury** does our best to print accurate information; times, dates and venues may be subject to change and you are advised to check on our Twitter page, Facebook page or call before attending. Every care has been taken in the publication of this newsletter. However, **The Carers' Hub Bury** 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.

**Get in touch**

**BURY CARERS' HUB IS DELIVERED BY N-COMPASS**

**Telephone:** 0300 303 0207 (calls charged at local rate)

**Text:** 07786 201226

**General Email:** [enquiries@burycarershub.org.uk](mailto:enquiries@burycarershub.org.uk)

**Website:** [www.burycarershub.org.uk](http://www.burycarershub.org.uk)

**Online Chat:** [www.n-compass.org.uk/our-services/carers](http://www.n-compass.org.uk/our-services/carers)

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