

# Newsletter

**Rochdale**



**ONE  
IN EIGHT**

people in the UK  
are Carers

**Welcome  
to the**

**9<sup>th</sup> Carers' Hub  
Rochdale  
Newsletter**

The Carers' Hub Rochdale provides a single point of access for all Carers in the borough and aims to ensure that Carers have access to information, advice and support and a wide range of support services.

These support services are designed to not only help a Carer continue in their caring role for as long as they choose but also to reduce the impact the caring role can have on their own health and wellbeing.

## Support for Adult Carers includes-

### Support from a dedicated Carers Support Worker

Discuss with a dedicated Carers Support Worker about how being a Carer affects you and highlight any support you may need. A Carers Support Worker can provide you with information and advice, support to access a break and can facilitate access to community health and wellbeing services, activities and much more.

### Sitting-In Service

The Sitting-In Service engages Volunteers to offer Carers of adults (18+) with a break from their caring role by providing support to the person they care for. Volunteers can offer companionship in the familiar surroundings of the cared for person's own home by taking part in activities such as; listening to music, watching television, playing board games and chatting. This is a free service which can be provided at a time to suit, subject to an appropriate Volunteer match.

### Short Breaks Service

The Carers' Hub Rochdale is working in partnership with Link4Life to provide a Short Break Voucher Scheme for eligible Carers. Carers if eligible can be provided with up to £20/£30 in Short Break Vouchers, to test out some taster sessions which they may share with the person they care for (in some options) to access the range of activities and events that Link4Life have on offer. This can include; Leisure & Events and Entertainment, Art & Heritage and Health & Wellbeing activities. For more information please call 03450 138 208 or email enquiries@rochdalecarers.co.uk

### 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 fellow Carer please call 0330 022 5447. In the event that a Volunteer is not immediately available to answer your call, please do try again.

**Chat Line- Would you like one of our friendly callers to call you, maybe once a week?**

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 0345 0138 208.

## Focus On: Volunteering!

### Could volunteering be for you?

Volunteers are an integral part of what we do here at Rochdale Carer's Hub, and we couldn't do everything we do without the amazing support of our volunteers. Our volunteering roles are very varied and rewarding too and for some roles you'll only need to spare half an hour a week! We offer full training; an induction and free DBS check and you will be fully supported by us throughout your volunteering journey. For our Outgoing CHAT line, our volunteers spend from just half an hour a week calling the same Carer each week for a friendly chat. For our Incoming CHAT line our volunteers are allocated an hour time slot each week to take any calls received into our CHAT line from our Carers – offering emotional support and a listening ear. Our Sitting-In-Service volunteers spend two hours a week at the home of a Carer, spending time with the cared-for person, chatting, going for a walk, playing board games or simply watching TV. This allows Carer an opportunity for a break and a chance to do something for themselves. If any of these sound interesting and you'd like to find out more, or if you have a friend or family member who you think may like to find out more, please contact us or pop along to meet us at our fun bowling session (see below).

### Volunteer Bowling social

We had a lovely catch up with our volunteers at our bowling social in September. Ten volunteers and three others looking to find out more about volunteering came along to take part in the action. It brought out the competitive streak in some, whilst others were happy to have a sit and a natter! Date for your diary – 10th March 2020 – we had so much fun we're going bowling again! Contact us to book your place and we'll send out a reminder nearer the time too.

### Christmas volunteer celebration

We'd like to invite all of our volunteers to our Christmas celebration at the Carers' Hub Rochdale offices on Tuesday 10th December from 10.30am. We'll have mince pies and mulled punch, a fun Christmas themed quiz and a chance to meet staff from the Carers Hub and a representative from the n-compass Senior Management Team. If you'd like to come along, please let us know by using the details below

### Can you spare half an hour a week?

We have a number of Carers who may be isolated and lonely and would love to receive a friendly call from a volunteer. Can you help? It takes just half an hour a week to call the same Carer each week for a catch up and to offer a listening ear. We offer full training and support throughout your volunteering journey and regular social meet ups. Contact us to find out more.

**Contact us – Natalie and Mekala**

**Email: [volunteer@rochdalecarers.co.uk](mailto:volunteer@rochdalecarers.co.uk)**

**Call: 03450 138 208**



### Carers Hub Rochdale Facebook Group

Please have a look at our Facebook groups for Adult and Young Carers. They are closed groups for Carers in Rochdale. 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: <https://www.facebook.com/pg/Carers-Hub-Rochdale-106853767407941/>

# coffee & chats

Meet and chat with other Carers and Former Carers, speak to a Carers Support Worker and take a well earned break from your caring role whilst enjoying a FREE (non-alcoholic) drink. If you have never been to a Coffee and Chat before don't worry! Everyone has been a 'first timer.' A friendly Carers Support Worker will be there to greet you and offer a warm introduction. There is no need to book, please just come along and look out for a group of friendly Carers.

## Rochdale Town Hall

*Clock Tower Dining Room, Rochdale,  
OL16 1AB – 10.00-11.30am*

Held **every** Wednesday

Dates of Coffee and Chat Session: Wed 4 Dec, 11 Dec, 18 Dec, 8 Jan, 15 Jan, 22 Jan, 29 Jan, 5 Feb 12 Feb, 19 Feb, 26 Feb, 4 Mar, 11 Mar, 18 Mar, 25 Mar, 1 Apr, 8 Apr 15 Apr, 22 Apr, 29 Apr

**Wednesday 18 Dec Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Tues 14 Jan (more details inside)

**Craft Session** Tues 4 Feb (more details inside)



## Gateway Leisure

*2 Kenion Street, Rochdale,  
OL16 1SN – 10.00-12.00pm*

Dates of Coffee and Chat Session:

Thu 12 Dec, 9 Jan, 23 Jan, 6 Feb, 20 Feb, 5 Mar, 19 Mar, 2 Apr, 16 Apr, 30 Apr

**Thursday 12 Dec Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Tues 14 Jan (more details inside)

**Craft Session** Tues 4 Feb (more details inside)



## Khubsurat House

*Castlemere Street, Rochdale,  
OL11 3SE – 10.00-12.00pm*

Dates of Coffee and Chat Session:

Monday 9 Dec, 16 Dec, 6 Jan, 20 Jan, 3 Feb, 17 Feb, 2 Mar, 16 Mar, 30 Mar, 27 Apr

**Monday 16 Dec – Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Tues 14 Jan (more details inside)

**Craft Session** Tues 4 Feb (more details inside)



## Hare Hill Café

*Inglis Street, Littleborough OL15 9RP  
1.00-3.00pm*

Dates of Coffee and Chat Session:

Thu 12 Dec, 9 Jan, 23 Jan, 6 Feb, 20 Feb, 5 Mar, 19 Mar, 2 Apr, 16 Apr, 30 Apr

**Thursday 12 Dec Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Wed 15 Jan (more details inside)

**Craft Session** Wed 5 Feb (more details inside)



## Compleat Café

*Midway House, 5 Long St, Middleton,  
M24 6TE – 1.00-3.00pm*

Dates of Coffee and Chat Session:

Monday 9 Dec, 6 Jan, 20 Jan, 3 Feb, 17 Feb, 2 Mar, 16 Mar 30 Mar, 27 Apr

**Monday 9 Dec – Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Thur 16 Jan (more details inside)

**Craft Session** Thur 6 Feb (more details inside)



## New Coffee and Chat for Carers and Cared for with Dementia at The Willows!

*Come and see us. Fortnightly from 10am to 12pm  
At The Willows. Broad Lane, Rochdale OL16 4PP*

Dates of Coffee and Chat Session:

Fri 13 Dec, 10 Jan, 24 Jan, 7 Feb, 21 Feb, 6 Mar, 20 Mar, 3 Apr, 17 Apr

**Friday 13 Dec – Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Tue 14 Jan (more details inside)

**Craft Session** Tue 4 Feb (more details inside)



## Heywood Magic

*Heywood Indoor Market,  
OL10 1LT – 10.00-12.00pm*

Held **every** Tuesday

Dates of Coffee and Chat Session:

Tuesday 3 Dec, 10 Dec, 17 Dec, 7 Jan, 14 Jan, 21 Jan, 28 Jan, 4 Feb, 11 Feb, 18 Feb, 25 Feb, 3 Mar, 10 Mar, 17 Mar, 24 Mar, 31 Mar, 7 Apr, 14 Apr, 21 Apr, 28 Apr

**Tuesday 17 Dec Coffee and mince pies, a special treat for Christmas!**

**Pamper Session** Mon 13 Jan (more details inside)

**Craft Session** Mon 3 Feb (more details inside)



## New Male Carers Group

*Last Weds of every month 1pm to 3pm.*

*At The Willows, Broad Lane,  
Rochdale OL16 4PP*

Come and enjoy a fun game of snooker and enjoy some well earned time out with other male Carers

Dates of Coffee and Chat Session:

Wed 29 Jan, 26 Feb, 25 Mar, 29 Apr



# FREE ACTIVITY SESSIONS FOR CARERS!



Something free every month for Carers come and join us!

Meet other Carers, enjoy a refreshing drink and biscuit and take some well-earned time out from your caring role. A Carers Support Worker will be on hand and make you feel very welcome and answer any questions you have.

Book on today, don't delay, take time for you. To book a place please **complete the booking form enclosed with this newsletter or call 0345 0138 208.**

	January Pamper Week w/c 13 January 2020	February Craft Week w/c 3 February 2020	March Pamper Week w/c 2 March 2020	April Craft Week w/c 6 April 2020
<i>Heywood Magic</i> Heywood indoor Market, OL10 1LT	Monday 13 Jan 10am-12pm	Monday 3 Feb 10am-12pm	Monday 2 Mar 10am-12pm	Monday 6 Apr 10am-12pm
<i>St George's Hall</i> Bury Road, Rochdale, OL11 4ED	Tuesday 14 Jan 10am-12pm	Tuesday 4 Feb 10am-12pm	Tuesday 3 Mar 10am-12pm	Tuesday 7 Apr 10am-12pm
<i>Khubsurat House</i> Castlemere St, Rochdale, OL 11 3SE	Tuesday 14 Jan 10am-12pm	Tuesday 4 Feb – 10am-12pm	Tuesday 3 Mar 10am-12pm	Tuesday 7 Apr 10am-12pm
<i>Coach House</i> Lodge St, Littleborough, OI15 9AE	Wednesday 15 Jan 10am-12pm	Wednesday 5 Feb 10am-12pm	Wednesday 4 Mar 10am-12pm	Wednesday 8 Apr 10am-12pm
<i>Lighthouse Project</i> 2nd Floor, Middleton Arndale, M24 4EL	Thursday 16 Jan 10am-12pm	Thursday 6 Feb 10am-12pm	Thursday 5 Mar 10am-12pm	Thursday 9 Apr 10am-12pm



## CARERS COME AND TRY OUT GOLF!

Five Carers and Carer's Hub Rochdale staff members had a fabulous time at Marland Golf Club's golf taster session. Participants received training from the Club's Director and took part in a fun competition and a great time was had by all! Get in touch with us if you are interested in golf taster sessions and we can arrange more!

# Introducing the Carers Hub Staff Supporting Carers in GP Surgeries



**Carers Health Link Workers from Rochdale Carers Hub offering impactful information, guidance and support to new Carers identified early. Have you seen us yet at your GP?**

**Tell your family and friends to come and see us if they need some help, alternatively contact 0345 0138 208 for further details**



## **Carers health link Workers**

*Pictured left :-*

*Deana Riley - Rochdale East,  
Janet Davidson - Team Manager,  
Karan Youngblut - Heywood.*

*Pictured right, back row,*

*Annette Baker - Middleton,  
Erica King - Pennines, front row,  
Andrea Ashton - Rochdale Central,  
Nasreen Iqbal- Rochdale West.*

There are approximately 25,000 Carers in Rochdale Borough. It is crucial that Carers are identified early on in their caring journey and supported to continue in their caring role for as long as they choose whilst maintaining their own health and wellbeing.

Rochdale Borough Council, Adult Care Services have commissioned a 12- month project, with funding from The Local Care Organisation "One Rochdale". The project aim is for Rochdale Carers Hub to work with GP's and other health professionals throughout the borough, to identify Carers who may benefit from the advice and support Carers Health Link Workers can offer, early in their caring journey, which may reduce the number of GP appointments for non medical related issues. Carers Hub will work alongside GP's District Nurses, Occupational Therapists, Physiotherapists, Link 4 Life and Rochdale Adult Care to provide a joined -up approach to health, wellbeing and social care. The project follows a successful pilot undertaken last year which demonstrated how social inclusion can often be of benefit and reduce the need for GP appointments if the need is for non -medical reasons. This work is focussed on prevention and early intervention for Carers, offering impactful information, guidance and support at the point of identification.

Carers Hub staff are holding drop in sessions in many of the 39 GP surgeries within the

Borough. Check out the Carers Notice Board in your surgery for details or ask your GP reception staff to register you as a Carer and if you would like an informal chat, or to meet in person, fill in our very simple referral slip and your GP surgery will do the rest. If you would like to self- refer, please telephone 0345 0138 208. Calls are charged at local rate.

The Carers Hub Rochdale provides a single point of access for all Cares including both young and adult Carers in the borough. The Hub exists to ensure that Carers of all ages have access to information, advice and a wide range of support services.

We are here to support you. Ring us today.

## **What should I tell my GP?**

Tell your GP that you have caring responsibilities as soon as possible. They can then record this on your medical records.

If they know you are a Carer and likely to be under pressure at times, they will be able to offer more tailored advice and, if necessary, provide more support when they diagnose and treat you in the future. GPs in England are being urged to adopt new measures dedicated to ensuring young carers are offered flu vaccinations, regular health check-ups and mental health screening routinely.

## **If you are a Carer, your GP could help provide information and advice on:**

Medical conditions and treatments for the person you care for to help you feel more confident in your caring role.

Services provided by the NHS such as continence services and patient transport to hospital appointments.

Provide Information on other sources of support and advice i.e. Rochdale Carers Hub.

Arrange home visits to you or the person you care for if your caring responsibilities make it difficult to attend appointments at the surgery.

Arrange 'double' appointments for both you and the person you care for at the same time to avoid having to visit the surgery twice.

Arrange for repeat prescriptions to be delivered to you by your local pharmacy to save you picking them up.

Provide supporting letters and information to enable you and the person you care for to access benefits such as Attendance Allowance or a blue badge.

## ACTIVITY SESSIONS FOR CARERS



### **Carers Choir**

*Unitarian Church, Off Spotland Road, Rochdale, OL12 6TP*

A place to meet other Carers and enjoy a sing along and make friends at the same time. We sing some lovely songs; you will love it! Come and see for yourself! Practicing every Wednesday 12:15pm-2:15pm



### **Mental Health Carers Support Group**

*Heywood Library, Church Street, Heywood, OL10 1LL*

A place to meet with other Carers caring for people with Mental Health conditions.

Held 3rd Tuesday of the month 1:30pm-3:30pm

**Dates: 19th Nov, 17th Dec, 21st Jan, 18th Feb, 17th Mar, 21st April.**

### **Mood Swings**

*Recovery Republic, Wellness Centre, York Street, Heywood, OL10 4NR*

A self-help group providing a contact point for those with depression, mood disorders, bipolar and their partners, relatives and Carers  
Held 4th Tuesday of the month 7:00pm-9:00pm

**Dates: 28th Jan 2020, 25th Feb, 24th Mar, 28th Apr.**

### **Aashiyana Carers Forum**

*Gateway Leisure, 2 Kenion Street, Rochdale, OL16 1SN*

A place for Asian Carers whose first language is not English to come together to support each other, access information, express their needs and raise awareness of the issues and concerns facing Asian Carers. Information is translated into Urdu. Held quarterly 10:00am-12:30pm

Food, therapies come and join us!

**Next Meetings: Wednesday 29th January and 29th April**

**THIS IS YOUR DAY, COME AND JOIN US!**

# National Carers Rights Day

**Thursday 21 November 2019  
from 9.30-1.30 pm**



**Rochdale Football Club – Ratcliffe Suite, Sandy Ln, Rochdale OL11 5DR**

*What's going on?: There will be a large 'Market Place' for information and support', Carers Choir will be singing, pamper sessions (massage, threading), health check, lovely food, Carers Vouchers Scheme and much more ...*

(Solicitor, Council Tax, Housing Benefit, Blue Badge, Advocacy, Link4Life, Healthwatch, Adult Care (Carers Assessments), NHS, Circle, Volunteer Drivers Scheme, Assistive Technology, Dementia Support, Stroke Team, Rochdale MIND, Thinking Ahead and so many more ...)

***A day not to be missed in a Carer's Calendar.***

## **Carers Rights Day 2019: Caring for Your Future**

Each year we hold Carers Rights Day to bring organisations in Rochdale 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.

Having the right information at the right time can make all the difference when you're looking after someone.

Caring can be extremely complicated, whether we're grappling with the benefits system or considering how to fund future care costs. Each strand is confusing but when all the strands are tangled, it can feel bewildering.

Every day 6,000 people become carers but often it's not something we've planned for. This Carers Rights Day we're focusing on supporting people to prepare for the future through our theme: Caring for Your Future.

### **Do you have an emergency plan?**

**We hold Carers Rights Day to:**

- 1. Make carers aware of their rights**
- 2. Let carers know where to get help and support**
- 3. Raise awareness of the needs of carers**

No need to book, just come along on the day, you won't be disappointed

## **What is Carer's Allowance?**

**Carer's Allowance is the main benefit for Carers.**

### **Can you claim Carer's Allowance?**

Not every carer can get this benefit. You may be eligible for Carer's Allowance if you meet all the following conditions:

- you look after someone who gets a qualifying disability benefit
- you look after that person for at least 35 hours a week

- you are aged 16 or over
- you are not in full-time education
- you don't earn over £123 a week (after deductions)
- you satisfy UK presence and residence conditions

**DOWNLOAD CARER'S ALLOWANCE  
FACTSHEET**



# Have you seen the new Website for Carers?



Rochdale Carers Hub and Carers UK have teamed up together to offer Carers in Rochdale a huge amount of fantastic information - and it's entirely FREE of charge

To create an account and get free access to all the products click on the link: **carersdigital.org** and create an account using your email address / password of your choice and free access code DGTL2945. It's as easy as that but if you need some support tel. 0345 0138 208 and we can help you.

Click on it today you won't regret it!

## What's included?

- **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**



## NEW ' Young Adult Carers Group' age 16-24

### Are you 16-24 years old and supporting someone within your family or friends with an illness or disability?

Our Young Adult Carers project runs a monthly group for Young Adult Carers to come and meet with the Young Adult Carers Advisor, socialise with other Young Adult Carers and enjoy some time away from your caring role.

For more information on our next group night please contact **03450 138 208** or email **enquiries@rochdalecarers.co.uk**

*Monthly drop ins are on the last Monday of every month 7.00 – 9.00 pm*

*Dates: Monday 25 November, No drop-in session in December, 27th Jan, 17th Feb, 30th Mar, 27th Apr.*

You can just turn up to the drop-in or alternatively let me know you are coming (Joanne) and I will meet you at the door tel. **03450 138 208**

**11.11.19 Rochdale Ghost Walk** – You must ring to book on (evening)

**20.12.19 Heywood Pantomime Family event 6.30pm** – (All 18-24yrs invited with a plus 1 )

**13.01.20 Meal out – New Year New Start** – local restaurant to be chosen by the group



# CARERS XMAS QUIZ TEST YOUR KNOWLEDGE!



1. According to the poem, 'The Night Before Christmas', how many reindeer did Santa have to pull his sleigh? Eight, nine or 10?
2. What is traditionally hidden inside a Christmas pudding?
3. What is the name of the character in Charles Dickens' 'A Christmas Carol' who gets visited by the ghosts of Christmas past, present and future?
4. A foreign city has donated a huge Christmas tree to the people of Britain every year since 1947, which is always displayed in Trafalgar Square. Which city is it?  
A) Munich  
B) Stockholm  
C) Oslo
5. How many days are there on a traditional advent calendar?  
12, 24, 31?
6. In the song 'The 12 Days of Christmas' how many gold rings does the singer's 'truelove' give him?
7. There are 365 days in a year. What number day is Christmas Day?
8. Why did Father Christmas need Rudolf the Reindeer to use his large, glowing nose to guide his sleigh?
9. What is the last day of Christmas called?
10. Which plant, beginning with P is associated with Christmas?
11. What is 'Happy Christmas' in Spanish?
12. What's the name of the ballet traditionally performed around Christmas each year?
13. Stollen is a cake with fruit and marzipan, traditionally eaten at Christmas and originating from which country?
14. Who introduced the Christmas tree to the UK?
15. What is a female turkey called?
16. Which unusual ingredient did Victorian cooks use in mince pies?
17. If you're born on Christmas Day, what's your star sign?
18. When Santa got stuck up the chimney, his beard was all black, his nose was tickling, and what did he have in his sack?
19. Because of the time difference, do the people of Australia get to celebrate Christmas Day before we do in the UK, or after us?
20. What's the fun name for the sausages wrapped in bacon traditionally eaten with the Christmas dinner?

Answers overleaf.

## WINTER RECIPE: Slow-cooked pork, cider & sage hotpot



### Ingredients:

4 tbs olive oil, plus a little extra  
1kg diced pork shoulder  
20g butter cubed, plus a little extra

4 leeks, trimmed and thickly sliced  
4 garlic cloves crushed  
3 tbspn plain flour  
500 ml dry cider  
400 ml chicken stock

2 bay leaves  
½ small bunch of parsley, finely chopped  
Small bunch of sage leaves, 5 left whole the rest chopped  
200 ml single cream

400g of Maris Piper or King Edward potatoes  
400g sweet potatoes

**Method:** Heat half of the oil in a deep ovenproof frying pan, or flameproof casserole dish, and fry the pork pieces over a medium high heat in batches until seared all over, then transfer to a plate. Add another 1 tbsp oil to the pan, if you need to, while you're cooking the batches. Once all the pork is seared, transfer to a plate and set aside.

Add another 1 tbsp oil to the pan with a little butter and fry half the leeks with a pinch of salt for 10 mins until tender. Add the garlic, fry for a minute, then stir in the flour.

Pour in the cider, a little at a time, stirring to pick up any bits stuck to the bottom of the pan and to combine everything. Add the stock, bay leaves and seared pork, then simmer, half-covered with a lid for 1-1½ hrs until the meat is just tender (it will later

cook to the point of falling apart in the oven). Can be prepared a day ahead.

Heat the oven to 200C/180C fan/gas 6. Simmer uncovered for a few minutes to reduce the sauce, if you need to – it shouldn't be too liquid or the potatoes will sink into the sauce. Stir in the parsley, chopped sage, remaining leeks, and the cream, then season well.

Peel both types of potatoes and cut into slices 2mm thick, by hand or using a mandoline. Alternate layers of potato and sweet potato in circles over the pie, or randomly, if you prefer. Dot the cubed butter over the top and bake for 1-1½ hrs until the potato is tender. Nestle in the whole sage leaves, brushed in a little oil, for the last 10 mins. Leave to rest for 10 mins before serving.

## FEEDBACK



Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other Carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work!

Please call **0345 0138 208** or email **enquiries@rochdalecarers.co.uk**

Note: If you would like to read any part of this newsletter in large print please call **0345 0138 208** or email **enquiries@rochdalecarers.co.uk** to make your request.

## HOW TO GET IN TOUCH

### Address:

FREEPOST The Carers Hub Rochdale



### Email:

enquiries@rochdalecarers.co.uk



### Website:

www.ncompassnorthwest.co.uk



### Telephone:

0345 0138 208



### Opening times:

Monday–Friday 8am–6pm



**Disclaimer:** Please note that whilst The Carers' Hub Rochdale 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 Rochdale 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.

## USEFUL NUMBERS



Carers' Hub Rochdale **0345 0138 208**

Adult Social Care Services **0300 303 8886**

Adult Safeguarding Team **0300 303 8886**

Children Social Care Services **0300 303 0440**

Community Connectors (Adult Care)  
**0300 303 0360**

NSPCC **0808 800 5000**

In an Emergency and outside office hour  
including bank holidays the  
Emergency Duty Team **0300 303 8875**

Rochdale Citizens Advice Bureau Advice Line  
**0300 330 1153**

Greater Manchester Public Transport  
(Disabled Travel Pass) **0161 244 1050**

Blue badge (disabled parking permit)  
**0300 303 8870**

The Royal British Legion (Serving and Veteran  
Personnel) **0808 802 8080**

Health and Social Care Regulator (Care Quality  
Commission) **03000 616161**

Turn2us (national charity providing information  
about charitable grants) **0808 802 2000**

Rochdale Link4Life (Leisure and Sports)  
**01706 926232**

Greater Manchester Fire and Rescue Service  
(safe and well visits) **0800 555 815**

Thinking Ahead (Mental health and  
Wellbeing Service) **01706 751180**

Stroke Association – Rochdale  
**01706 657 269**  
**Mob 07342049989**

Carers Allowance Unit **0800 731 0297**

Personal Independence Payment  
**0800 917 2222**

Attendance Allowance **0800 731 0122**

Disability Living Allowance **0800 731 0122**

### Carer's Xmas Quiz Answers:

1. Eight 2. A coin 3. Ebenezer Scrooge 4. Oslo 5. 24 6. Five 7. 359 8. It was foggy on Christmas Eve 9. Twelfth Night 10. Poinsettia 11. Feliz navidad 12. The Nutcracker 13. Germany 14. Queen Victoria and Prince Albert 15. Hen 16. Minced meat 17. Capricorn 18. Soot 19. Before us 20. Pigs in blankets

# What's been happening locally

## Launch of 'Our Pass'



Are you 16-18 and use public transport? Great news! The Mayor of Greater

#Manchester recently launched Our Pass, which offers FREE bus travel and opportunities for 16-18 year olds from September 2019!

A new pass that gives 16-18 year-olds across Greater Manchester the freedom to travel, work and learn.

For a one off £10 administration fee, Our Pass card holders can travel for free on local buses right across Greater Manchester. You can also benefit from half-price off peak 1 day and weekend travelcards on Metrolink, and exclusive opportunities, experiences and benefits from a range of partner organisations.

Our Pass can be used for up to two years, starting from 1 September after your 16th birthday and is available to people who live in Greater Manchester.

It's a pass for, and designed by, young people. Whether you want to get to college, visit friends or family, go shopping or visit one of Greater Manchester's many attractions, Our Pass will get you there.

Led by Mayor Andy Burnham, Our Pass launched in September 2019 and will run as a two-year pilot.

The potential for making it permanent will be reviewed over the course of the pilot.



## Useful Information

### Rochdale's Youth Service

Our youth service run fantastic sessions across the borough for young people with special educational needs and disabilities. Get involved in your local session - meet new people and have fun!

<http://rochdale.gov.uk/youthservice>

### Coming soon

In the coming months, we will be looking at getting involved with:



- ✓ Carers Right's Day/Children's Right's Day/ Takeover Day - 21st Nov 2019
- ✓ Young Carers Xmas Party/Pantomime
- ✓ Young Carers New Year meal
- ✓ National Young Carers Awareness Day
- ✓ National Online Safety Day

### Young Adult Carers Update

To continue to provide to this cohort, Joanne Faulkner from Adult Carers Hub continues to support the YAC group with a monthly drop in.

### Kooth

Check out Kooth.

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



### Merlin passes

Families can apply for a fun day out – aimed at Carers. See website for further details and eligibility criteria.

<https://www.merlinsmagicwand.org/apply-for-a-day-out/making-an-application.aspx>



### Rainbow Trust Charity

Rainbow Trust Children's Charity supports seriously ill children and their families in the family home and local community. The Charity supports families who have a child or young person up to the age of 18 with a life threatening or terminal condition. They enable families to manage everyday life while caring for a sick child and to make the most of their time together.

For further info, click on this link:

[https://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=LxsnSy\\_g8V4](https://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=LxsnSy_g8V4)



SUPPORTING FAMILIES WITH A SERIOUSLY ILL CHILD





### What we've been up to:

#### Rochdale Young Carers Summer 2019

The Young Carers Service have had another busy summer. Activities on offer were Horse Riding, the Chippy Walk at Hollingworth Lake and also a trip to Ponderosa animal centre.



On the day of our trip to Ponderosa it turned out to be the hottest day of the summer holidays but we still managed to see some animals as others were taking shelter from the sun.



Staff had set up a small beach area which had a water stand pipe to cool down and enjoy. YC's shared they enjoyed the water play and a small zip wire that went amongst the trees.

Packed lunches and ice-creams finished our fun day.

Our Horse riding trip, with a mix of ages, was on the 22nd of August. The varied ages of the Young Carers meant that there were varied sizes of horses to accommodate height, weight, etc. Some of our smaller young carers still wanted the bigger 'steed', whilst the taller



young carers had to face their fear factor of climbing onto a 'giant'!

Staff from the horse riding centre commented how our Young Carers still had 'big smiles despite the rain' and the Young Carers remained cheery.

Despite the heavy rainfall we still managed to dodge the rain to eat packed lunches and ice-cream at the Tourist information Centre finishing off a really good day.

#### Did you watch the Ross Kemp documentary 'Living with... Young Carers'?!

Our Blackburn Young Carers Service was featured in the documentary alongside



Salford Young Carers. CANW were chosen to take part in a documentary looking to highlight the flight of Young Carers.



Ross Kemp and the Production

team from ITV came to Blackburn and spent time getting to know our Young Carers, to truly understand the fantastic job that Young Carers undertook.

Since the airing of the show, we have had lots of interest from people wanting to donate to Young Carers, others wanting to simply say what a fantastic job Young Carers do, and some have even come forward to ask to Volunteer at our group sessions!

**YOUNG  
carers'  
HUB**

**Rochdale**

9<sup>th</sup>

Autumn/Winter Edition 2019



# Newsletter



The YOUNG Carers' Hub Rochdale 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 from a dedicated YOUNG Carers Support Worker 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

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