

Spring/Summer 2024

Bury

carers'
HUB

Newsletter



**ONE
IN EIGHT**

people in the UK
are carers

**Welcome
to the**

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**Bury
Carers' Hub
Newsletter**

Welcome To The Spring/Summer Edition Of The Bury Carers' Hub Newsletter.

It's been a long wet winter so here's wishing you all a warm, sunny, and DRY weather over the next couple of months.

Bury Carers' Hub is your service. We listen and try to be always helpful, supportive, and understanding. Everyone's wellbeing is so important to us as a team. Our service is centred around YOU and those you support.

Reflecting on the last few months, we've had a wonderful time delivering our regular events and providing extra activities and training. If you have joined us, we hope you enjoyed your time spent with the team and meeting other carers.

We are so pleased to be offering 2-3 activities every week and hope you enjoy meeting the team and other carers in different venues throughout the borough. We are also offering 1-2-1 visits in your home, community, and wellbeing walks.

We are still offering 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 basis, including some evening sessions.

We are here to support you and can be contacted through our Service Access Team on **0300 303 0207** or by emailing enquiries@burycarershub.org.uk.

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

You can always keep up to date with our service offer and new opportunities by visiting our website www.burycarershub.org.uk.

The Bury Carers' Hub team would like to say a massive thankyou to all our volunteers. You know who you are. We really appreciate your support. You all really make a difference. ❤️

We welcome and value your feedback, comments, and suggestions! As always, we are here if you need us. Please don't hesitate to contact us if we can be of any help.

We are currently planning Carers Week (10th-14th June) Please keep in touch and be part of the Bury Carers' Hub experience.

Be well, stay safe and we hope to see you very soon!

Bury Carers' Hub Team x

How to Contact Us

BURY CARERS' HUB

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

General Email: enquiries@burycarershub.org.uk

Website: www.burycarershub.org.uk

Online Chat: www.n-compass.org.uk/services/carers-support

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

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.

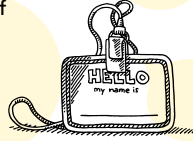
To access a carers assessment, please contact the Connect and Direct Hub on **0161 253 5151**.



Meet The Team

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

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.



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 has been working directly with carers for 22 years. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways and supports the team.



Debbie Graham
Carers Information and Support Officer

Debbie has worked with unpaid carers for over 7 years and is always there with a listening ear and a smile. Debbie is also a carer and understands how this can impact on an individual's wellbeing.



Jacqui Byron
Carers Information and Support Officer

Jacqui has worked in carer support for many years and has a 'can do' approach to everything. Jacqui is a great communicator and is always positive.



Christine Mercer
Carers Information and Support Officer

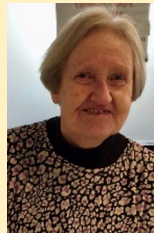
Christine is a great addition to the Bury Carers' Hub team and has vast experience within mental health and working in the third sector and NHS.

Say hello to our wonderful Bury volunteers!



Judith

Judith understands the pressure of caring and volunteers for us. She supports carers on our CHAT Line and Penpal service. Judith makes calls to carers who are isolated at home and chatting improves their wellbeing and reduces isolation. Judith is a real gem.



Rita

Rita joined us in November 2023. She is always there with a smile and is so kind with everyone who joins the groups.

We also have two 'Friends of Bury Carers' sitting on the Carers Strategy Partnership Board. Carole and Peter meet with Bury Council employees and other board partners quarterly. They offer governance and a link between carers and the commissioning bodies. We currently have 3 more volunteers joining us soon. **If you would like more information on how you can develop and shape services, please speak with a member of the team.**

What Others Say About Us

"Thank you for all your help in this process; it has been invaluable." **Carer**

"I'd like to say a big thank you to you and your team for all the help and support that I have received since I came to my first coffee morning at Bury Masonic Lodge on a Wednesday morning. I have really appreciated all of your advice and have become aware of help that I was unaware existed." **Carer**

"It was lovely to speak to you today, a relief to speak to someone who cares and knows their way around the carers problems and day to day long goodbye to their loved one with a cruel illness. They are losing their precious memories, and we are losing our freedom and activities we enjoy so that we can look after them." **Carer**



"May I thank you for how you are with my Mum. Her visits to you are one less thing for me to worry about as she always has a great time and loves to phone me when she gets in and tell me all about it. You all sound wonderful and I thank you again for all you do in what must be a very difficult job." **Carer**



"Jayne, Jacqui, Christine, Isis and Debbie. These 5 ladies have gone above and beyond to give the most amazing placement experience they could. Nothing has been too much to ask, from day 1 they welcomed me in with open arms and it is like I have worked with them for years. The support (not only with my placement but also personally) has been incredible. What these ladies do day in, day out for our carers is truly remarkable. I have loved every minute working with them, the highs, the lows, and everything in between. I will never forget my time with #teambury." **Student**



What We've Been Up To!

The team are always planning and delivering groups and activities throughout the borough of Bury. We have had afternoon teas, pie and peas, offered free legal support for carers, walked and talked and facilitated training. The smiles tell us so much... THANK YOU.



Christmas Celebrations



Art for Wellness Crafting Training



Weekly Bury Coffee & Chat



Greater Manchester Police Information Session

Bury Hospice and local councillors visiting the Bury Carers' Hub coffee morning



We listen to all your suggestions and try to accommodate all requests. Please let us know if there is anything you would change or want the team to look at delivering. It's your service.

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 group, follow this link: <https://www.facebook.com/groups/539244240286738>

Carer Drop Ins

Activities For Carers

Meeting up face to face with our carers is what makes our job so special. We offer weekly and fortnightly informal carer groups. You do not need to be registered with Bury Carers' Hub to come along. For more information on dates and times, please call us on **0300 303 0207** or speak directly with one of the team.

All changes will be posted on Bury Carers' Hub Facebook Group: <https://www.facebook.com/Bury-Carers-Hub-100983494977654>.

We offer a monthly timetable of all events. These can be emailed to carers registered with our service. They are also uploaded to our Facebook group and The Bury Directory. We also have hard copies available.



Our Current Offers

Radcliffe

The Radcliffe Carers Clinic meets at the **Listening Ear Café, United Reform Church, Blackburn Street, Radcliffe**. This venue has a community café and is a lovely space to meet with our carers. Free parking is available at the back of the building. Why not stay for lunch?

DATES: 21st May, 4th June, 18th June.
Fortnightly on Tuesdays, at 10.30am-12.00pm.

Whitefield

Come and join us at **The Sir Robert Peel, Sunnybank Road**. Joanne the manager always makes us very welcome.

DATES: 27th May, 10th June, 24th June.
Fortnightly on Mondays, at 1.00pm-2.30pm.

Bury Central

The Bury Carers' Hub Team host a weekly coffee morning at **Bury Masonic Hall, Parsons Lane, Bury**. Refreshments are served free of charge. It is an informal and friendly gathering of carers and their loved ones if they wish to come along. We have singing, laughter, guest speakers and a really supportive and safe space to meet.

DATES: 22nd May, 29th May, 5th June.
Weekly on Wednesdays, at 10.30am-12.00pm.

Prestwich

Our Prestwich carers meet up is delivered in partnership with Julie Bentley, Social Prescriber for Prestwich Primary Care Network. The venue is **Church Lane Community Centre, Church Lane, Prestwich, M25 1AJ**.

DATES: 28th May, 11th June, 25th June.
Fortnightly on Tuesdays, at 1.00pm-2.30pm.

Bury North

We meet at **Owens Restaurant and Bar, 10 Railway Street, Ramsbottom**. The Bury Carers' Hub team will be there to welcome you with a smile and will buy coffees, teas and soft drinks.

DATES: 31st May, 28th June, 26th July on the last Friday of every month, at 10.00am-11.30am.

Zoom Activities (All Carer Services)

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity if there is one. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join>. For further information, simply click the links on each meeting to join, or type in the Meeting ID and passcode.

Weekly Zoom Sessions

Some sessions may be subject to change.

Distance Reiki with Jo Fellows

Every Wednesday 2.00pm–3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being. During these sessions carers can relax in their own home while Jo guides you through a healing experience.



“It’s lovely to connect with everyone and then drift off in my own world to the sound of Jo’s voice. The session has a huge positive impact on my mental and physical wellbeing.” **Carer**

Zoom Link: <https://us02web.zoom.us/j/81351943140?pwd=emZZV3RsM052M0lQOE5yNWxWnMwZz09>
Meeting ID: 813 5194 3140
Passcode: 940735



Seasonal Flow Yoga with Jo Thorne

Every Wednesday 6.15pm–7.30pm

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It’s a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It’s a great antidote to the stress and anxiety of modern life. The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.



“I am already experiencing the mental and physical benefits from the yoga and meditation.” **Carer**

Zoom Link: <https://us02web.zoom.us/j/89264970582?pwd=YmxtN29MRkxYUUt5RDmrcnp1Ky82Zz09>
Meeting ID: 892 6497 0582
Passcode: 030426



Yoga Nidra with Maxine Reid

Every Thursday 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.



“For me Yoga Nidra ticks all the boxes - it’s relaxing, there’s a sense of community and belonging and an empathy for our situation as carers without having to explain everything.” **Carer**

Zoom Link: <https://us06web.zoom.us/j/87080076510?pwd=S09MZ2lzVmNKSU5KSkdMeDRvVEF2UT09>
Meeting ID: 870 8007 6510
Passcode: 455916





Upcoming Events

Walk and Talk With Us

n-compass Bury Carers' Hub, Stepping Out with The Ramblers

Join us for a Carers' Walk in local parks and Areas of Interest! A Scenic, sociable, active outing with refreshments.

- The walks are low level and wheelchair accessible.
- Planning is already underway for our Spring and Summer walks programme so please keep in touch, check our website, social media or speak with a member of the team.
- Please wear appropriate clothing as all walks are weather dependent.

Places limited therefore booking essential. For more information, please contact: Jacqui.Byron@burycarershub.org.uk 0300 303 0207.



Carers' Week this year runs from 10th-14th June 2024. This is an annual event run by Carers UK. Bury Carers Hub will be celebrating with extra events and a few surprises throughout the borough.

The theme this year is **PUTTING CARERS ON THE MAP**. Please keep in touch for more information.

Carer Training

We have a timetable of training and awareness sessions delivered by other services and providers running from June 2024-May 2025.

Sessions we will be offering include:

- Fire Safety - Greater Manchester Fire and Rescue
- Keeping safe in the community - Greater Manchester Police (Bury)
- Music For the Brain - Halle
- First Aid for Carers - Bury Adult Learning
- Staying Well and Active - Living Well Service
- Crafting for Relaxation

The training will be advertised on our Facebook group and The Bury Directory. The team will also speak about sessions at Coffee & Chats and individual sessions with carers. All sessions are bookable by calling 0300 303 0207, sending a Facebook message or emailing enquiries@burycarershub.org.uk as some have limited numbers.

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. We also offer Peer Befriender roles at our Carers Clinics and Weekly Coffee Morning. You can help with refreshments, chat with, and listen to carers and be a part of the Bury Carers' Hub Team. Volunteers also support our services in many other ways. If you are interested to hear more, we would love to hear from you! Please call **0300 303 0208** or email volunteering@burycarershub.co.uk. Full training and ongoing support is offered, and travel expenses will be reimbursed.

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.

Pen Pals

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

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

If you are a carer and would like to take advantage of this free service, please contact lan on **07710 171832** or email volunteering@n-compass.org.uk.

What We Offer

Carers Contact Line

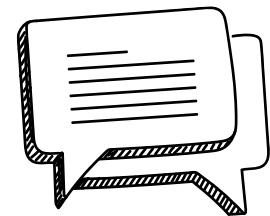
A team of knowledgeable and skilled Service Access Advisors are available Monday to Friday from 9.00am-5.00pm to help with your enquiries, transfer your call to, or to take a message for, a Carers Information and Support Officer. To talk to a Service Access Advisor please call **0300 303 0207**.

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.



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 1900 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

Information For Professionals

Carer Awareness Briefings/Carer Champion Training/Carer Friendly Mark

Does your work bring you into contact with any unpaid carers or do you have some carers on your staff team? If so, Bury Carers' Hub offers carer awareness briefings.

The aim of the briefing is to:-

- Help you to identify carers
- Help you to understand the needs of carers
- Help you to understand how important carer health and wellbeing is

- Increase your knowledge about what support is available to carers through Bury Carers' Hub, Bury Council and other organisations
- Help you support your staff to navigate referral pathways
- Briefings can be delivered virtually via Zoom, MS Teams and face-to-face at a meeting or training session.

To request a briefing, please contact Bury Carers' Hub **0300 303 0207** or email

Jayne.harrison@burycareshub.org.uk



Local Services For Local People

Key websites for residents and useful telephone numbers

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

Bury Council | Call: **0161 253 5000**

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

Staying Well Team | Call: **0161 253 5151**

GMP Bury | Call: **0161 872 5050**

AGE UK Bury | Call: **0161 763 9030**

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

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

Citizens Advice Bureau | Call: **0300 330 9071**

Fairfield General Hospital | Call: **0161 624 0420**

Healthwatch Bury | Call: **0161 253 6300**

CAB | Call: **0808 278 7804**

Creative Living Centre (CLC) | Call: **0161 696 7501**

Andy's Man Club Bury | Visit: www.andysmanclub.co.uk

Bury Directory (CARERS) | Visit: <https://theburydirectory.co.uk/services/bury-carers-hub>

Carers UK Helpline | Call: **0808 808 7777**



Useful Agencies



Information and advice

Age UK Bury offers a free and confidential information and advice service for older people, their families and carers.

How to access the service

The aim of our Information and Advice service is to support older people and their carers to enable them to live independently and manage the challenges that getting older can bring.

Our service specialises in ensuring people receive their full entitlement to benefits and supports people with applying for Pension Credits and Attendance Allowance.

To book a free appointment, please email info@ageukbury.org.uk or call **0161 763 9030**.

Our service is free but we welcome donations to keep the service up and running.

Opening times

Our information and advice officers are available Monday to Friday, 9.30am to 4.00pm.



Topics we cover

Our advisers are trained to help you on the following topics.

- Social care — such as finding a care home or getting some help at home, and how it's funded
- Your income — including free benefits checks, help with applying for benefits and pension advice
- Your home — information on staying warm at home, home adaptations and how to prevent falls
- Legal issues — such as wills, Power of Attorney, and how to deal with an estate.

Handyperson Service

- Our service helps with small DIY and repair jobs such as fitting handrails and security locks, putting up shelves, curtain rails and wall decorations; assembling flat pack furniture; minor plumbing, painting and decorating work and changing light bulbs.

- Written quotes will be given for all work. Prices are dependent on the scale and length of work being done. If you have a couple of small jobs which could be completed in an hour, it would cost £30 plus materials.

- We are also working with trusted traders to help people with specialist work (e.g. replacement of boilers, roofing etc).

- Contact Sue on **0161 796 6949** or email hp@ageukbury.org.uk

- Office hours 8:30am – 4:00pm, Tuesday/Wednesday/Thursday.

Bury Lions Message in a Bottle

Chances are there is a bottle of milk or juice in your fridge! More than 7 million people in the British Isles also keep their personal and medical details there inside the 'Lions Message in a Bottle'. This simple idea means the emergency services can obtain potentially life-saving information in seconds when called to a home to provide assistance.

The free bottles come with two stickers one for the front or back door of a person's home and another to be placed on the outside of the fridge. The stickers assist the paramedics, police, fire-fighters, and social services personnel to be able to locate the bottle and find vital medical information and details of emergency contacts via the form contained within the bottle. Ask a member of the team if you would like to receive a 'bottle'.



The Crown Veterans Breakfast Club



Friday 9:30am-11:30am
at The Mosses Centre, Bury.

The Bury Carers' Hub Team are big supporters of this voluntary group. Veterans can be carers or need support from another person. We have created strong links with the founders and join the group bimonthly. The Crowns Veterans Breakfast Club is a meeting place for likeminded people. Armed forces, regular and reserves, Veterans, Blue Light Services, and family members are all shown a warm welcome.

Citizens Advice Bury and Bolton

citizens
advice

Citizens Advice Bury and Bolton is an independent local charity providing free, confidential advice to anyone living in Bury on:

- Welfare benefits
- Community care
- Money advice and energy
- Housing advice
- Immigration and asylum.

Telephone Call us free on **0808 278 7804**. Available Monday–Friday, 10.00am–4.00pm
In person. Visit our face-to-face drop in at 1st Floor Castle Buildings, 5–10 Market Place, BL9 0LD. Available Tuesday, 10.00am–3.00pm.

Alan from the CAB will be providing 1-2-1 sessions to carers at the Wednesday coffee morning on **DATES TBC**.

Learning Opportunities



Get Online Bury

The Get Online campaign helps Bury residents access the internet and learn about using computers. We can help you with things that:

- you have to do — such as applying for housing, claiming benefits like Universal Credit, or looking for a job
- you want to do — such as looking for cheaper energy deals which may be only available online
- you like to do — such as shopping, researching family history, or keeping in touch with friends and family by email and social media

We do this by providing:

- free public access computers at council offices and libraries throughout the borough
- learning courses on how to use computers and the internet
- one to one support from trained council staff or volunteers, to help you complete tasks you need to do
- free wi-fi connection to the internet in some council buildings and all libraries so you can bring your own laptop or tablet

Free computer and internet access

Access to free computers and the internet is available at Digital Hubs and libraries across the borough. You will need a library card to use one of our computers. If you're not already a member, it's free and you can join immediately at any of our libraries or Digital Hubs. Just bring proof of your name and address with you.

Free learning courses

There is something for everyone, whether you are an absolute beginner, or you already have a computer and just need some help to get the most out of it.

If you feel you need more advanced training than a single session will provide, you might want to consider a course provided by **Bury Council's Adult Learning Services**. Please note there are charges for these courses, which run for 6 to 10 weeks. Courses on offer include:

- Computers Made Easy
- ITQ/ECDL qualifications.



Staying Well

Are you 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. If you want to know more about these courses and are experiencing a mild to moderate mental health condition, or you know of somebody who is, please contact Bury Adult Learning Service on **0161 253 5772**. For dates and times, please call us.

Mindfulness

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.

Art To Reduce Anxiety & Stress

For many people art provides an opportunity to relax, which frees their creativity. Join us for a relaxing evening and explore different art techniques using them to produce pieces of art you will be proud of.

Self-Care Sanctuary

This course introduces you to the importance of self-care practice for living a healthier, happier, and more productive life. Learn to make changes and develop and practice an array of holistic self-care actions to apply to a regular self-care routine.

Creative Writing for Wellbeing

Undertaking a creative activity and learning a new skill can help improve our mental health, wellbeing and help us to relax. This creative course aims to give you the outlet to be able to express your thoughts and emotions and develop your writing skills to release your creative potential. During this course you will be introduced to a variety of literary devices to help improve your writing skills for short story, poetry, scriptwriting (for both screen and stage) and monologue, purely for enjoyment and wellbeing.



Improve Your Mood Through Food

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.



Bake Yourself Happy

A creative course combining baking, 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.

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".

Bury Live Well Health Trainer Team



We provide free personalised support to help with making changes to improve your health and lifestyle.

Get support to:

- Drink less alcohol
- Eat healthier
- Quit smoking
- Improve your overall wellbeing

We will:

- Listen to you
- Support you to change your lifestyle.
- Encourage and motivate you
- Help you set goals and make plans
- Suggest ways to overcome barriers to make improvements
- Accompany you on your journey to become a healthier you

Where you will find us

We operate from a variety of venues across Bury, including sports centres, community centres, children's centres and GP surgeries. Book your free personalised support session.

To book a support session phone: **0161 253 7575** or email livewell@bury.gov.uk



Helping Yourself to Wellbeing Course

A seven week course designed to provide people with the knowledge, skills and tools to improve their health and wellbeing. It aims to provide you with the confidence and motivation to set realistic goals for making changes to your lifestyle.

The course covers behaviour change, self-esteem and confidence, dealing with stress and anxiety, healthy eating, alcohol and smoking, physical activity, sexual health and managing minor ailments and dementia prevention.

HELPING
YOURSELF
to Wellbeing



[Find out about the Helping Yourself to Wellbeing course](#) on the Bury Directory.

Thrive In Bury

Wellbeing Support

For mental wellbeing support in Bury, there are two main offers.

The Bury Directory Wellbeing Hub - central point that details all the support available, ie Support by Phone, Support Online, Talking Therapies, Bereavement Support, Support for Staff.

<https://theburydirectory.co.uk/support-for-adults>

<https://theburydirectory.co.uk/bereavement-support>

Tel: **0161 983 0902** open Monday, Tuesday, Thursday, Friday 9.00am–5.00pm

Except bank holidays) Wednesday 9.00am–8.00pm.

Bury Getting Helpline - confidential mental wellbeing support.

Tel: **0161 464 3679** open Monday to Saturday 8.00am–8.00pm.

Both will help put people in touch with the right support for them, and the Helpline will provide listening ear and self-care advice and resources.

Local Guidance and Information

Ben Tyer Private Client Solicitor

GLP Solicitors Maple House, 8 Haymarket Street, Bury BL9 0AR.

"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 6 years regularly giving talks and advice in support of the local community. I also present to care homes, carers and individuals throughout the Northwest 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. Get in touch for some free initial advice."

If you wish to speak with Ben, please email him ben.tyer@glplaw.com.

Alternatively, call GLP on **0161 764 1818** to arrange a mutually convenient appointment.



Carers Corner

Poetry from our talented and creative carers.

Crazy in the Spring

Carole Martin

The young are going
crazy in the Spring.
The wind is blowing
crazy in the Spring.
Life is glowing,
rising on the wing -
The young are going
crazy in the Spring.

Those how-to Diagrams

Carole Martin

We buy a gadget nowadays -
instructions just in diagram.
The words we used to use are now
redundant; in memoriam.

So we concede that words are done.
But oh, the struggles that we face
interpreting the ins and outs -
adapting to the marketplace.

Suppose we used a tune instead
to guide us through the outs and ins -
a solo or a choral piece,
or soft and calming violins?

Just on the verge of giving up
the music's changed to heavy rock
to energise the allan keys -
before we're tempted to ad hoc.

And when our thing at last is working
like a Beatles melody -
the words return - the Ode to Joy
rings through the house - at last we're free!

Other Useful Information

Discounts For Carers

There are several discount and special offer cards for carers which may be useful to you. Visit each website for more information on the offers...

- Discounts for Carers have a huge range of discounts, money-saving deals and vouchers, join for free at <https://discountsforcarers.com>.
- CarerSmart offer benefits and discounts to carers and people with care needs www.carersmart.org.
- Cinema CEA card is an annual card you pay for that gets a carer a free ticket when they accompany the person they care for. www.ceacard.co.uk.
- Merlin annual pass has a complimentary pass for carers. www.merlinannualpass.co.uk.
- The National Trust has an Essential Companion card that allows you free entry if you are with the person you care for www.nationaltrust.org.uk/features/access-for-everyone.

Travel Vouchers For Disabled People

Transport For Greater Manchester (TGFM)

If you can't use ordinary buses because you're blind or have serious walking disabilities you could be eligible to buy vouchers for discounted travel in taxis, private hire vehicles and community transport schemes like [Ring & Ride](#).

Do you qualify?

To qualify for travel vouchers, you must:

- be registered as blind; or
- get Disability Living Allowance (DLA) with the higher rate mobility component; or
- get Personal Independence Payment (PIP) with 8 points or more for moving around; or
- get higher rate Attendance Allowance; or
- get War Pensioners Mobility Supplement; or
- if you don't get any of those benefits, but you can't walk 100 metres, or climb steps of 30 centimetres - as long as a doctor confirms this.

Apply for travel vouchers and for more information

- You must be a member of the travel vouchers scheme to order travel vouchers
- If you are not currently a member, please phone **0161 244 1000** for an application form. Once you have completed an application form, please send this to the address stated on the form and your application will be processed.
- Once you are a member of the travel voucher scheme, you can then order your vouchers over the phone or by completing an order form that will be sent to you in the post.



That's All Folks

We really hope you have enjoyed your magazine. We really appreciate your feedback so please don't hold back! It's your magazine and we couldn't do it without you. Our new look Autumn/Winter 2024-25 edition is due out in October 2024.

Spring/Summer 2024

Newsletter

Bury

carers'
HUB



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 **0300 303 0207** (calls charged at local rate) or email enquiries@burycarershub.org.uk.

Note: If you would like to read any part of this newsletter in large print, please call 0300 303 0207 (calls charged at local rate) or email enquiries@burycarershub.org.uk to make your request.

Disclaimer

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook group or call before setting out <https://www.facebook.com/groups/539244240286738>.

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