

Spring / Summer Edition 2022

# Newsletter

**Bury**

carers'  
**HUB**



**ONE  
IN EIGHT**

people in the UK  
are Carers

**Welcome  
to the**

**4<sup>th</sup>**

**Bury  
Carers' Hub  
Newsletter**

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 carers own health and wellbeing.

## Welcome to the 4th edition of the Bury Carers' Hub Magazine

It's nearly two years since n-compass Bury Carers' Hub was launched (1st June 2020). We were in lockdown, with a new organisation and ever so slightly shellshocked!!! Well, we are all still here to tell the tale and more importantly the service has grown from strength to strength, and we couldn't have done it without you. Covid is still with us, and we are all learning to live with it. We are delivering a fully open service in a Covid safe way and wellbeing is the most important factor. All we ask, is that if you have any listed symptoms or are unwell, please stay at home and do not attend activities.

Your safety is important to us 😊

We are so pleased to be offering two to three activities every week and hope you enjoy meeting the team and other carers in different venues throughout the borough. We are also offering one-to-one visits in your home or community and walks.

We are still offering a host of zoom activities and workshop sessions and we do hope you will be able to join us for some of them. If you have not used zoom before, go to <https://zoom.us/meetings> to register or just copy and paste the meeting link provided under each activity into your browser. Many of the activities we are offering are held on a weekly or fortnightly basis and include some evening

and weekend sessions. We have everything from Coffee and Chats to exercise, quizzes, and relaxation sessions for you to enjoy and meet other carers.

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

<https://www.n-compass.org.uk/>

<https://www.n-compass.org.uk/our-services/carers/bury-carers-hub>

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.

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

**Bury Carers' Hub Team x**

### How to Contact Us

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

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

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/services/carers-support](http://www.n-compass.org.uk/services/carers-support)**

Address: **FREEPOST Bury Carers' Hub**

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## 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.**



### **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 unpaid carers for over 5 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 several years with different organisations 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 has been with the team for a year. She is a great addition and has vast experience within mental health and working in the third sector and NHS.



### **Jim Moore** Carers Information and Support Officer

Jim joined the team in August 2021. He is covering Isis's post for one year. Jim has lots of experience in direct payments and individual budgets and Mental Health. He has an interest in exercise and wellbeing and cognitive behavioural techniques.



### **Isis Holland** Carers Information and Support Officer (Currently on Maternity Leave)

Isis has worked within carer services for 4 years and has a great understanding of how being a carer can impact on an individual's wellbeing. She is always there to provide support and information.

## Say hello to our wonderful volunteers



### **Tim Robinson** Volunteer Peer Befriender

Tim started volunteering with Bury Carers' Hub in March. He has become a firm favourite with the staff and carers. Tim works alongside the team at our weekly coffee morning. He welcomes people, chats with carers, helps with refreshments and makes sure everyone attending has a good experience.



### **Bethany Jolliffe** Volunteer Peer Befriender

Bethany first joined the Bury Carers' Hub team as a student social worker undertaking her 70-day placement. Bethany loved it so much and made such a difference to our carers that she now volunteers with us and is also registered as a carer. Bethany always has a smile and a kind word for all our carers.

## What We Offer

### Carers Contact Line

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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 **0300 303 0207**.

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

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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

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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?

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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@burycarehub.org.uk](mailto:enquiries@burycarehub.org.uk).

## Social Media



### Facebook

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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-10098349497654>

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

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Follow us [@\\_ncompass](https://twitter.com/_ncompass)



### Carers Community Network Platform

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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 1500 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.

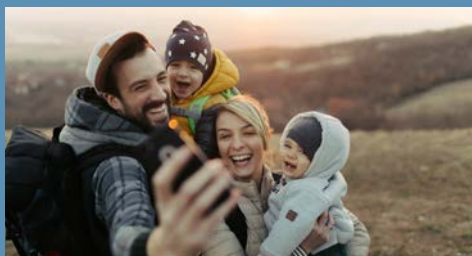
If you would like to join our Carers Community Network Platform, please contact our Service Access Team on **0300 303 0207** calls charged at a local rate or [enquiries@burycarehub.org.uk](mailto:enquiries@burycarehub.org.uk).

## 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](mailto:volunteering@burycarershub.co.uk). Full training and ongoing support is offered, and travel expenses will be reimbursed.

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 Neil Sladen on **07902 703028** (Mon-Wed) or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk).



## Information for professionals Carer Awareness Briefings

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 being delivered virtually via Zoom and 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@burycarershub.org.uk](mailto:jayne.harrison@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

A lovely place to meet... For people living with dementia, their carers, family and friends.

**Venue:** Greenmount Cricket Club, Brandlesholme Road, BL8 4DX  
**Time:** 1:15pm to 3:15pm **When:** The second Friday of each month  
**Off road parking, accessible entrance and facilities**

We enjoy a relaxed, informal setting with information, support, sign-posting, friendship, entertainment and laughter. Come and be part of the D-CaFF Family.

Keeping in mind that many of our group are vulnerable and at a high risk of complications. Please do not attend if you have any of the following symptoms: Continuous cough, high temperature, loss of sense of taste or smell, difficulty breathing, fever or chills.

## Friday D-CaFF dates 2022

8 Apr	Our friends "The Strummers" join us as we reopen 'the D-CaFF' doors!	9 Sep	Back by popular demand Eddie McCray and his band!
14 May	Come along and share in the fun as we celebrate D-CaFF's 6th Birthday and receiving the Queens Award for Voluntary Services. The fabulous Sarah Dennis of the Northern Sopranos will be entertaining us!	14 Oct	An afternoon of songs and music by '3 Retro'.
10 Jun	Platinum Jubilee 70 years! Street party theme and Afternoon Tea.	11 Nov	Remembrance Day Commemoration.
8 Jul	Armchair exercise with Tracing Steps.	9 Dec	"Twelve Days of Christmas"! (Includes a light festive lunch, fun and frivolity)! Ticket event - no charge. A raffle will be held.
12 Aug	"We're all going on a Summer Holiday". Take your seats and get set for sun, sea and laughter! Oh and Cliff!		



Meet Molly...

Hello, my name is Molly. I am a Cocker Spaniel and I live with Bill and Pauline in Holcombe Brook. I am really proud to be the D-CaFF's PAT (Pets As Therapy) dog and a member of the D-CaFF team.

*\*Please note. If anyone does not wish to meet Molly please let one of our volunteers know.*

*Programme of events correct at time of printing*  
**All welcome, please do come along and join us or**  
email: [dcaff@greenmountvillage.org.uk](mailto:dcaff@greenmountvillage.org.uk) or telephone 07704 297094

**Joining us will be Bury Carers' Hub - Telephone 0300 303 0207**





6th-12th June 2022

'Visible, valued and supported'

Carers Week 2022

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

During Carers Week, we're coming together to help **Make Caring Visible and Valued**. With more than 6.5 million people in the UK currently caring unpaid for a family member or friend who is older, disabled or seriously ill, caring will affect all of us at some point in our lives. Yet many people don't identify themselves as carers – they simply see themselves as spouses, parents, children, or friends, meaning that many carers across the UK aren't connected to vital information and support that can help them with caring. Looking after someone can be a hugely rewarding experience, but it comes with difficulties and challenges.

Carers Week raises awareness of the incredible contribution that carers make to families and communities across the UK. All of us have a part to play in ensuring that we shine a light on the carers in our community and their needs in Carers Week 2022.

For more information about Carers Week or to get involved and add your voice to help make Caring Visible and Valued visit: [carersweek.org](http://carersweek.org)

## CARERS WEEK 2022

As always, the Bury Carers' Hub Team are hosting a range of activities for you to enjoy. Ben Tyer GLP will also be offering a FREE future planning session for carers.

Please keep in touch, check our website, social media or speak with a member of the team for more information

### Mon 6th June

11.00am-1.30pm

Join us for a walk around CLARENCE PARK AND BURY LIDO, followed by refreshments at THE JUBILEE CENTRE.

### Tue 7th June

10.30am-1.00pm

A carers drop in at THE LISTENING EAR CAFÉ. Come along for coffee and cake and we will also treat you to lunch.

### Wed 8th June

10.30am-1.00pm

AN EXTRA SPECIAL CARERS COFFEE MORNING. Bury Masonic Hall, Parsons Lane, Bury. No need to book, just come along and join the fun.

### Thurs 9th June

10.45am-1.30

Join the Bury Carers Hub Team and Manchester and Salford Ramblers for a leisurely walk around HEATON PARK. Lunch will be provided.

### Fri 10th June

9.30am-3.00pm

The Bury Carers Hub Team will be on a stall on BURY MARKET. We will be providing information and guidance and there may be some freebies.



## 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

### Creative Living Centre (CLC)

Call: 0161 696 7501

### Andy's Man Club Bury

Visit: [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

### Bury Directory (CARERS)

Visit: <https://theburydirectory.co.uk/services/bury-carers-hub>



## 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
- GP's
- Dentists
- Pharmacies
- Opticians
- Mental health services
- Carers at home



### Contact Details:

Telephone: 0161 253 6300

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

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



## Carers Clinics

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

**Our current offers :-**

### Radcliffe

The Radcliffe Carers Clinic meets **FORTNIGHTLY, TUESDAY's 10.30am-12.00noon**. We are 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.

**DATES:-** 24th May, 7th June, 21st June, 5th July and every fortnight.

### Prestwich

Our Prestwich Carers Clinic is **FORTNIGHTLY** on **THURSDAY's 1.00pm-2:30pm** at the Creative Living Centre, 1A Rectory Lane, Prestwich. We will be there with a smile and a brew. Free parking on the Longfield and Fairfax Road Car Parks. Please come and say hello.

**DATES:-** 16th June, 30th June and every fortnight.

### Whitefield

Come and join us on a **MONDAY 12.30pm-2.00pm every FORTNIGHT** at The Unsworth Centre, Sunnybank Road. This fabulous community space is friendly and relaxed. There is a community café and you can browse and borrow books free of charge.

**DATES:-** 30th May, 13th June, 27th June, 11th July and every fortnight.

### Bury Central

The Bury Carers' Hub Team host a **WEEKLY** coffee morning at BURY MASONIC HALL, Parsons Lane, Bury, **WEDNESDAY, 10.30am-12.00noon**. 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:-** 25th May, 1st June, 8th June, 15th June and every week

### Bury North

Our Bury North Carers' Clinic is held the **LAST FRIDAY OF EVERY MONTH 9.30am-12.00noon**. We meet at The Ramsbottom Centre, Bolton Road West, Ramsbottom. The Bury Carers' Hub team will be there to welcome you with a smile and a brew. This is a great shared space and Persona have made us feel very welcome. We may change this to a fortnightly offer if carers would prefer this.

**DATES:-** 27th MAY, 24th JUNE, 29th JULY and monthly



## Zoom Activities (All Carer Services)

### Weekly Sessions

#### Evening Coffee and Chat

**Every Tuesday 7.00pm-8.00pm**

Zoom Link: <https://zoom.us/j/95950538168?pwd=WIUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: 959 5053 8168

Password: 559497

#### General Knowledge Quiz

**Every Wednesday. 7.30pm**

Zoom Link: <https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBbc3dYeVpwdz09>

Meeting ID: 922 4867 7156

Password: 269978

### Fortnightly and Monthly Sessions

#### Frank's Walk a Mile Club

**Fortnightly Tuesdays 1.30pm-2.15pm**

Walk a mile in the comfort of your own home with our fitness instructor volunteer, Frank.

Zoom Link: <https://zoom.us/j/93946506425?pwd=OFBDdUZlYnFkaWQ2azhKa1VUZ0dNZz09>

Meeting ID: 939 4650 6425

Password: 513539

#### Male Carers Group

**Fortnightly on Wednesdays 2.30-4pm**

Zoom Link: <https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhoZz09>

Meeting ID: 925 7085 2288

Password: 150398



## Picture Gallery



Smiling Carers and Staff



Our lovely carers



More smiles!

## Thank you from Bury Carers' Hub

A big thankyou to Rochelle Gardener, Community Champion at Morrisons Whitefield. Rochelle supports Bury Carers' Hub by donating all refreshment supplies for our coffee morning and carers clinics. Rochelle recently visited us at The Creative Living Centre, Prestwich drop in and spoiled us providing tea, coffee, sugar, and biscuits.

Rochelle has recently been honoured with a British Empire Medal in recognition of her support to the community.

**WELL DESERVED ROCHELLE**



## Walk & Talk With Us

### Bury Carers' Hub, Stepping Out with The Ramblers Join Us For A Carers' Walk In Local Parks

A Scenic, Sociable, Active Outing With Refreshments and Transport Provided (if needed)

- Open to carers on their own or with the person they care for
- The walks are low level and wheelchair accessible

The 2022 dates and venues: -

**Thursday June 9th Heaton Park, Prestwich, Wednesday 22nd June Lyme Park, Disley**

Places Limited Therefore Booking Essential. Planning is already underway for July, September and October so please keep in touch, check our website, social media or speak with a member of the team.

For more information, please contact:

**Bury Carers' Hub** [Jacqui.Byron@burycarershub.org.uk](mailto:Jacqui.Byron@burycarershub.org.uk) 0300 303 0207

With thanks funded by: -



in Greater Manchester



Peel Park



Didsbury Park



Happy Carers



## 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 like-minded people. Armed forces, regular and reserves, Veterans, Blue Light Services, and family members are all shown a warm welcome.



## Learning Opportunities



### Digital Skills - A Free 6-Week Course

Did you know that families who use the internet are over £500 per year better off than families who do not? Knowing how to use digital skills is now an essential factor of modern life.

**Working with Bury Adult Learning we will be bringing you free 6-week Digital Skills courses over the coming months. You will learn:**

- Basic tablet/smartphone skills
- To communicate with others using email and video calls
- To buy goods or services
- To access public services
- To search for information
- To share photos with friends and family using email
- To stay safe and legal online
- To find out how to do tasks using tutorial videos

Phone **0161 253 5772** for more information or to book your free place today.

#### Bury Library

**Mondays 12.15pm - 2.15pm**

13th June 2022 to 18th July 2022

#### Radcliffe Library

**Thursdays 1.00pm – 3.00pm**

16th June 2022 to 21st July 2022

#### Prestwich Library

**Wednesdays 10.00am - 12.00noon**

8th June 2022 to 13th July 2022

#### Ramsbottom Library

**Tuesdays 1.00pm – 3.00pm**

7th June 2022 to 12th July 2022





## Bury Adult Learning Health And Wellbeing Courses

### 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 and 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: -

- One-to-one 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”



## 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, i.e., Support by Phone, Support Online, Talking Therapies, Bereavement Support, Support for Staff.

**Bury Getting Helpline** – **0161 464 3679** open Monday to Saturday 8.00am – 8.00pm, confidential mental wellbeing support.

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.

A promotional graphic with a green and white background. On the left, it says 'THE BURY DIRECTORY Health &amp; Wellbeing Digital Hub' with an image of hands typing on a laptop. Below this, it lists support services: 'Visit theburydirectory.org.uk/wellbeinghub for resources and support to look after your emotional wellbeing: • Support online • Support by phone • Community support • Talking therapies • Bereavement support • Support for health &amp; social care workers'. In the center, there is a graphic of a smartphone with 'Getting Help Line' and the number '0161 464 3679'. On the right, it says '0161 464 3679 Reach out for confidential support with your mental wellbeing Mon to Sat 8am-8pm E: GettingHelpLine@earlybreak.co.uk' and includes the 'Early Break' logo and website 'www.earlybreak.co.uk/gettinghelpline'. The 'Thriving IN BURY' logo is in the top right corner, and 'THE BURY DIRECTORY' and 'Thriving IN BURY' logos are at the bottom.



## Out and About

### Bury Leisure

Bury Leisure is open. Its gyms, pools and outdoor fitness sessions are up and running. They are also taking bookings for squash, badminton, and table tennis.

For further details, go to:

<https://www.bury.gov.uk/buryleisure>

### Visit Bury

Lots of information and suggestions for a great day out.

<http://www.visitbury.com/things-to-do>

### Bury Market

**Bury Market is fully open. Recently voted 'The Best Market in Britain'.**

All stalls (essential and non-essential) are once again there to welcome you on the regular market days of Wednesday, Friday, and Saturday, with Market Hall and Fish & Meat Hall stalls also being open on Monday, Tuesday, and Thursday. **#Shoplocal**

#### OPENING TIMES

**Market Hall:** Open every day, except Sunday, 9am–5pm

**Fish & Meat Hall:** Open Mon to Friday\* 9am–4.30pm. Open Saturday 9am–5pm  
\*Closed Tuesday pm and all-day Sunday

**Open Market:** Wednesday and Friday 9am–4.30pm, Saturday 9am–5pm

## Carers Corner



## Contributions from our wonderful Carers

## 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 5 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](mailto:ben.tyer@glplaw.com)  
Alternatively call GLP 0161 764 1818 to arrange a mutually convenient appointment

## What our carers say about Bury Carers' Hub

'The outside events are well organised, and carers meet other groups and share their knowledge and experiences'

'After the lock down, opening the meetings was the best thing that happened to me over the past two years which restored some normality to my life. I wish that all contacts with authority could be as positive and beneficial to my caring role'

'The welcome is always warm and inviting and you are always greeted with a smile and brew'

'All carers have been through traumatic times, and it is good to share the opportunities their loved ones have enjoyed or missed. This can stimulate carers to get better more acceptable results for their love ones'

## A holiday reflection!!! - Jean Walker



Many years ago, on holiday in Yugoslavia (the former), my husband and I decided to walk from our hotel into the town, sightseeing. 5 hours later, tired but happy we set off back to our hotel. Our hotel was on the seafront. Along the promenade, you could get a water taxi. Just in time to flag it down as it was reversing, we got on board.

As it set off, I noticed that it was heading the wrong way. "Oh, my goodness, you're going the wrong way" I shouted above the noise. Instead of left, it was sailing across the sea to an island "oh well, nothing we can do except relax and enjoy". We soon realized that it wasn't the water taxi but a boat trip!

On arriving at the island, the captain tied up the boat and we all disembarked. As I turned around, I saw the boat drifting away from the land. "Isn't that your boat floating away" I asked the captain. Running towards the boat, he dived into the water and swam after it. This time it was securely tied up.

After an hour looking at gifts on stalls, we returned to the boat. As we sailed along, we were given a lovely cocktail. "oh nice" I said finishing my drink. I asked for another and another and.....

All was fine until we pulled into a lovely little bay. When I stood up, I couldn't walk. It was then I realised that I had drunk too much!!!

It took 5 men to help me down the ramp onto the beach. I promptly fell flat on my face. Again, I was helped up, laughing, I said to my husband "Look, stoned again" My body was full of small pebbles which had stuck to me because I was smothered in sun oil. "Take a photo of me" Later I found out that he pretended!

Arriving back at our hotel, I was so sick, never touched a drop of alcohol, only tonic water.

Despite that, I have never forgotten  
WHAT A GREAT DAY IT WAS



## A Spring Poem

### March: Boom Boom!

#### Fresh March

And all the poets in our hemisphere write  
of Spring.  
Green lace spreads silently as snow.  
The season plays like baby goats,  
like cheerful dogs, like here-we-go!  
The year turns blue and clear -  
borage-blue, violet-blue,  
clear sky and bluebell-blue,  
Spring's trousseau.

#### Mid-March

We thought we'd made it through,  
but in bitter rain, it's snatched away.  
The poet's droop; even the snow  
repeats its yesterday.  
Boom boom! Back to our winter gloves,  
and all the little nubs of promise  
poking through, must wait.  
They'll come another day, our little loves -  
delicate, green, ornate.

#### Late March

Boom, boom!  
A heartbeat, a drumbeat,  
a great military tattoo.  
And all the poets keep in time  
as all the petals open, one enormous  
bloom,  
a glossy bowl of celandine,  
the Spring, golden and blue.  
Up go the poet's heads  
alert like ears of bats,  
twitching like radio telescopes.  
Spring! Leaping from beds  
and writing, just because  
the world has turned - it's time!  
the poets turn to rhyme  
and tip their poets' hats.





## My hobby, My life - Shirley Pythian



My hobby is dog showing and the Shih Tzu breed is my passion. I have had this breed in my life for over 45 years and cannot imagine life without a Shih Tzu in it. I thought you might like to see my show dog Isishouse Son and Heir, pet name Rossi. He is a Shih Tzu and is five years old and absolutely loves showing.

He is a bit of a clown and is always doing things to make me laugh. I think he is quite clever too. When he was a puppy, I took him to Ringcraft in the hope that with training we would become a showing partnership. I was so pleased when at only fifteen weeks old he was awarded best in show at Ringcraft. He is a natural showman and needed very little training as he just loves it. Since then, he is always by my side. We used to go to a show every week-end but since COVID the shows are only just getting going again so we haven't been to many but are hoping to go to a few this year. Rossi does well at the shows, he is always placed in the top five and has had many wins during his showing career.

There is a lot of work involved in keeping his coat in tip top condition. He is bathed every week and groomed every day. It's a labour of love but he is worth it. I am very proud of my little boy and his achievements and hope you like the pics.

## Random Act of Kindness



The other day after I had been to the weekly Bury Carers' Hub coffee morning, I went to Jolly Rogers chip shop for my lunch. I was shown to my table across from two young ladies eating their food. As I was about to sit down, a pain shot from my back down my leg. I let out a shout due to the pain. The two ladies at the next table asked if I was ok. I said 'yes, it's just my sciatica, I'll be fine please don't worry'

Our food was served at the same time, and we all enjoyed our meal. My bill was presented with the food ready for my payment. The waitress returned and took my bill away and a few moments later brought it back. I thought she had given me the wrong bill. The ladies at the next table had finished and left. The waitress once again came over and took my bill. This time when she returned, she told me that the two lovely ladies had paid it!!! 'Oh, my goodness' I said and started to cry. The waitress touched my arm, tears in her eyes 'I don't know them' I said, 'how kind'. I left the chippy and tried to find them to say thank you, but they had disappeared. What a truly lovely thing to do.....GOD BLESS THEM CARER

## Josie Does the USA - A pictorial blog

One of our lovely former carers Josie has family in America. Following a difficult and sad couple of years, Josie has made the journey across 'The Pond' to spend some precious time with them. Here are a couple of pictures that she has kindly shared. We are not one bit jealous.....Thankyou Josie (middle lady)



## A message from KJ one of our carers

OMG! Have you seen tonight's forecast? It's predicted there will be alcohol with a chance of low standards and poor decisions. I'd better get ready.....



SOMETHING SWEET



### Eton Mess

#### Ingredients

- 4 meringue nests
- 400 ml whipping cream - use double cream, Greek yoghurt, or vanilla ice cream as an alternative
- 1 tbsp icing sugar - optional
- 1 large punnet of fresh strawberries (500g)
- Sprig of mint - optional

OR

- Swap and use raspberries and blackberries instead?!

#### Method

1. Whip the cream in a large bowl until nice and thick. Stir in the icing sugar, if used.
2. Chop/crush into small chunks the meringues and add to the bowl of cream stirring gently.
3. Wash, quarter and hull a large punnet of fresh strawberries.
4. Stir together until combined and serve in bowls or glasses topped with a fresh strawberry and a sprig of mint. You could stand slices of strawberries on the inside of the glass for a tempting presentation! (See photo). fresh mint to serve – optional

SOMETHING SPICY



### Chickpea Masala

#### Ingredients

- 15mls oil
- 1 onion, sliced
- Garlic as little or much as you like
- 2 Tbsp Grated ginger
- 1tbsp garam masala
- 2 tsp coriander
- 2 tsp cumin
- 2tsp turmeric
- Chili flakes (optional)
- 1 tsp salt
- 1 tin chickpeas (drained)
- 1 tin chopped tomatoes
- 1 tin coconut milk

#### Method

1. Heat the oil in a large pan over a medium heat
2. Add the onion, garlic, ginger, chilli, and cook for about 5 minutes until softened
3. Add the herbs and seasoning and continue cooking for a further 2 minutes
4. Add the chickpeas, tomatoes, and coconut milk.
5. Cover and cook, stirring occasionally until hot and simmering
6. Serve over boiled rice or with a naan or pitta bread

# Summer Quiz



## Questions

1. What is the collective name of a group of seventeen hundred islands between Canada and the USA which are popular summer resorts?
2. Whose summer villa is at Castel Gandolfo?
3. When is the Christian festival of Midsummer Day?
4. Where were the 1968 Summer Olympics held?
5. What is used as the filling of a summer pudding?
6. Which institution, introduced by Harold Wilson, consists of TV and radio lectures and summer schools?
7. In 'Alice's Adventures in Wonderland', what was done all on a summer's day?
8. Elvis Presley was the King, Bruce Springsteen the Boss. What nickname was given to Donna Summer?
9. In which capital city in the Northern Hemisphere, the name of which is a local tribe, has almost 19 hours of daylight during the summer solstice?
10. Which actor, later to find fame in 'It Ain't Half Hot Mum', played the part of one of Cliff Richard's friends in the film 'Summer Holiday'?
11. Which brothers wrote the song summertime?
12. Esther Summerson is the heroine of which novel by Charles Dickens?
13. Which duo had a hit in 1978 with Summer Nights?
14. Which hit song describes summer thus? Those days of soda and pretzels and beer??
15. The film Summersby starred Richard Gere and which actress?
16. As the owner of what sort of shops is Anne Summers renowned?
17. Who had a hit record in 1961 with Summertime Blues?
18. The tiny summer Isles are a few miles Northwest of which Scottish port?
19. How is the singer La Donna Gaynes better known?
20. Which group had a hit with the song? In the summertime??

Answers on page 34!

### Don't Brush It Under the Carpet

The new campaign 'Don't Brush It Under the Carpet' aims to reach and support older residents who may be feeling depressed and alone and guide them to the right support for them.

Gillian Stainthorpe, Greater Manchester Older Peoples Network Steering Group Member said "this new campaign is really important because it is helping to break the taboo around older people's mental wellbeing and encouraging them to seek support. The campaign's strength has been the involvement of older people working on equal terms with professionals from the very beginning. Their voices have been crucial in shaping the direction of the campaign and raising awareness of self-harm and older people".

Find out more at <https://www.gmhsc.org.uk/news/new-campaign-launched-to-shine-a-light-on-the-issue-of-self-harm-in-older-people/>





## Changes to the Mental Capacity Act Code of Practice and implementation of the Liberty Protection Safeguards

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The Government are consulting on the proposed changes to the Mental Capacity Act 2005 (MCA) Code of Practice which includes guidance on the new Liberty Protection Safeguards (LPS) system. The consultation is also seeking views on the LPS regulations which will underpin the new system. The consultation will run for 16 weeks from the 17 March until 7 July 2022. The consultation has been published jointly by the Department for Health and Social Care and the Ministry of Justice.

The Liberty Protection Safeguards (LPS) were introduced in the Mental Capacity (Amendment) Act 2019. LPS will provide protection for people aged 16 and above who are or who need to be deprived of their liberty in order to enable their care or treatment and lack the mental capacity to consent to their arrangements, in England and Wales. LPS will replace the Deprivation of Liberty Safeguards (DoLS)

**A summary of the changes in respect of the LPS can be found here:**

<https://www.communitycare.co.uk/2022/03/18/how-the-government-plans-to-implement-the-liberty-protection-safeguards/>

**A summary of the main changes to the code not directly related to LPS can be found here;**

<https://www.communitycare.co.uk/2022/03/22/guide-to-the-draft-mca-code-of-practice/>

**The full code can be found here:**

<https://www.gov.uk/government/consultations/changes-to-the-mca-code-of-practice-and-implementation-of-the-lps>

**All the consultation documents can be found:**

[https://www.gov.uk/government/consultations/changes-to-the-mca-code-of-practice-and-implementation-of-the-lps?utm\\_campaign=Liberty+Protection+Safeguards+Newsletter+-+Consultation+Announcement+&utm\\_content=dhsc-mail.co.uk&utm\\_medium=email&utm\\_source=Department+of+Health+and+Social+Care&wp-linkindex=0](https://www.gov.uk/government/consultations/changes-to-the-mca-code-of-practice-and-implementation-of-the-lps?utm_campaign=Liberty+Protection+Safeguards+Newsletter+-+Consultation+Announcement+&utm_content=dhsc-mail.co.uk&utm_medium=email&utm_source=Department+of+Health+and+Social+Care&wp-linkindex=0)

**The easy read version of the documents can be found here:**

<https://www.gov.uk/government/consultations/changes-to-the-law-and-guidance-about-making-your-own-decisions-easy-read>



## Discounts For Carers

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There are a number of 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](http://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](http://www.ceacard.co.uk)

Merlin annual pass has a complimentary pass for carers [www.merlinannualpass.co.uk](http://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](http://www.nationaltrust.org.uk/features/access-for-everyone)





## Veterans Railcard

The new Veterans Railcard is now on sale supporting UK Veterans and their families with savings on rail travel.

If you have served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or have been a Merchant Mariner who has seen duty on legally defined military operations, you may be eligible.

The Veterans Railcard is £30 per year, or a 3-year Railcard is also available for £70

Like our other Railcards, the Veterans Railcard offers savings of 1/3 on rail travel, whether you are visiting family and friends or simply enjoying a day out. You can also nominate a companion to get 1/3 off when travelling with you and up to 4 children travelling with you get 60% off.

To find out more visit: [www.veterans-railcard.co.uk](http://www.veterans-railcard.co.uk)



## 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 taxis in taxis, private hire vehicles and community transport schemes like Ring & Ride. [tfgm.com/public-transport/ring-and-ride-minibuses](http://tfgm.com/public-transport/ring-and-ride-minibuses).

### 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 our 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 Autumn/Winter 2022-2023 edition is due out in October 2022. We are keen to share your stories, jokes, recipes, book suggestions and reviews and general observations of life.

If you would like to contribute, please email [jayne.harrison@burycarershub.org.uk](mailto:jayne.harrison@burycarershub.org.uk) by Friday 16th May 2022

## Quiz Answers

1. Thousand islands
2. The pope
3. 24th June
4. Mexico
5. Soft fruit (such as raspberries or blackcurrants)
6. Open University
7. Queen of Hearts made some tarts
8. Queen of Disco
9. Helsinki (Finland)
10. Melvyn Hayes
11. George & Ira Gershwin
12. Bleak House
13. John Travolta & Olivia Newton John
14. Lazy Hazy Crazy Days of Summer
15. Jodie Foster
16. Sex Shops
17. Eddie Cochran
18. Ullapool
19. Donna Summer
20. Mungo Jerry

#### Disclaimer

Please note that whilst Bury Carers' Hub do our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call us before attending. Every care has been taken in the publication of this newsletter. However, Bury Carers Hub will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.

Spring / Summer Edition 2022

# Newsletter

**Bury**

carers'  
**HUB**



**Get in touch**

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

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

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)**

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