

Signpost

News from the Wellbeing Service for Adults and Carers in Tameside

Hello all and welcome to our Winter Edition

A Happy Return!

After taking a break for a couple of years we are pleased to announce the return of the Signpost Newsletter which will now be available quarterly.

We would love to hear what you would like to see in the Newsletter, so if you have any ideas, stories or information you would like to share with Carers in Tameside then please let us know.

Due to the updated General Data Protection Regulation (GDPR) we now have to ask for permission to send out the Newsletter to Carers.

If you would like to be added to our mailing list, to receive future issues of the Signpost newsletter, either through the post or digitally, please get in touch via the contact details below.

Keep in touch

Please do not forget to contact us for advice if you need us. We still have a drop-in facility in

Hyde Town Hall

Monday - Friday 11am – 2pm

You can also telephone us on **0161 342 3344** or email **carerscentre@tameside.gov.uk**

We have a Facebook page, so you can catch up with all our news and send us messages through this page too.

You can also look at our website **www.tameside.gov.uk/carerscentre**

****Please keep an eye out for updates on our exciting move back to Ashton-under-Lyne early 2019** We look forward to hearing from you**

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Useful Telephone Numbers

Tameside Carers Centre **0161 342 3344**

If you are not sure who is at your door – don't open it! Check the identity of the caller by phoning the company they say they are from. DO NOT use any number provided by the caller – they may be bogus! Use the telephone number listed in your local directory.

Some Tips

- Telephone a neighbour or friend to come and help check the caller before you open the door
- Contact your Neighbourhood Watch Scheme to check out if they are legitimate. If you come across someone who does not appear to be who they say they are, you can contact the non-emergency police team to report it, call 101
- Don't keep large amounts of cash or jewellery at home
- Keep doors & windows locked at all times, fit and use a door chain
- Don't let anyone into your house or leave the front door open to get something when they are on your doorstep. Close the door and tell them to wait.

Tameside Council	0161 342 8355
Tameside Adult Service	0161 342 2400
Tameside Young Carers	0161 368 7722
Welfare Rights Advice Monday & Wednesday 9.30am – 12.30pm	0800 074 9985
Citizens Advice Bureau Mon-Fri, 9.30am – 1pm	0300 330 9076
AgeUK, Tameside	0161 308 5000
Tameside, Oldham & Glossop MIND	0161 330 9223
Parents/Carers Drug & Alcohol Support Services	0161 672 9420
Tameside Hospital Main Switchboard	0161 922 6000
NHS Non-Emergency (Out of Hours service)	111
Out of Hours Dental Emergencies	0161 337 2246

Tameside Emergency Carers (TEC) Card

Peace of mind for Carers in an Emergency

By carrying a Tameside Emergency Carers (TEC) Card in your purse or wallet, you can have peace of mind that if anything unexpected was to happen to you, such as an accident or being taken ill, help can be arranged for the person you care for.

The card has the 24 hour emergency contact number for Tameside Control and a unique serial number to identify you as a Carer.

When registering for the card 'Carers' nominate the preferred emergency contacts and give specific details of the needs of the person they care for, including the nature of the illness/disability, any medication needed, where this might be kept and other essential information.

In the event of an emergency Tameside Control then know who to get in touch with and what arrangements need to be put in place.

Depending on the emergency, help can be arranged for the person you care for, for 48 hours 'in their own home' and if necessary longer-term care.

When is the TEC Card used?

The card is ONLY used in an Emergency. The scheme does not cover situations where a Carer can use a telephone and make alternative arrangements themselves. The card may be used if a Carer is unexpectedly hospitalised or if a Carer is unable to get home due to unforeseen circumstances. The TEC Card covers basic needs only. If the emergency services are asked to intervene in a non-emergency situation, the TEC Card may be withdrawn.

Who would activate the TEC Card?

A wide range of people may look for your TEC card and make a call to arrange help, these include:

- Police
- Hospital Staff
- Homecare Worker

Or a visitor, friend or neighbour who finds that help is required.

We recommend you keep the TEC Card in your purse or wallet at all times.

How do I apply?

All Carers registered with Tameside Carers Centre are invited to apply for a TEC Card and given an application form, the form then needs to be completed and returned to the Carers Centre, where it will then be processed.

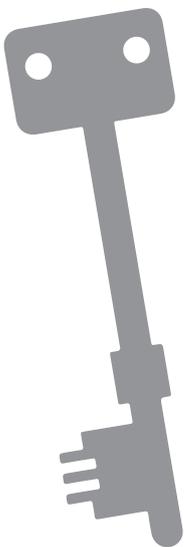
If you are not sure if you have a TEC card or require a form, please get in touch via the details below.

What happens if my circumstances change?

If anything changes you will need to notify the Carers Centre, who can update the information held on the TEC card scheme.

Please notify the Carers Centre on **0161 342 3344** or use the drop-in at Hyde Town Hall as soon as anything changes. The drop-in hours are 11am-2pm Monday to Friday.

RADAR Keys



What is a RADAR Key?

A Radar Key enables access to disabled toilets that require a key, within Tameside and around the country, for people with a disability.

Who can purchase a Radar Key?

The Key can be purchased by anybody with a disability (no proof of disability is required), a Carer might also find it useful to have a RADAR key if they regularly go out with the person they care for.

Where can I buy one?

You can purchase a RADAR key from Tameside Council Customer Services, Clarence Arcades in Ashton-under-Lyne, at any Tameside Library (during staffed times) or you can buy one online from www.radarkey.org and pay by credit/debit card.

How much does a key cost?

The key costs £3.50 from libraries and customer services, which is refundable upon return of the key with a receipt as proof of payment.

Registered Carers

If you are registered as a Carer with Tameside Carers Centre, you can request a RADAR key free of charge (limited stock).

If you get the key from the Carers Centre (free) the key is yours for as long as you need it, however we would really appreciate it, if once the key is no longer needed it could be returned to the centre to be redistributed to other Carers.

Flu vaccine for Carers



Flu vaccine for Carers

If you are caring for someone you may be concerned about how being ill will affect you as a Carer and the person you care for.

If you are the main Carer for an elderly or disabled person who may be put at risk if you fall ill, and/or if you are in receipt of Carer's Allowance, you should be offered a free flu jab, according to government policy.

You should be able to get it either from your GP surgery or local Pharmacist.

When to have a flu vaccine

The best time to have a flu vaccine is in the autumn, from the beginning of October to end of November, but don't worry if you've missed it, you can have the vaccine later in winter. Ask your GP or Pharmacist.

Telling the difference between cold and flu

Cold and flu symptoms are similar, but flu tends to be more severe.

Flu	Cold
Appears quickly within a few hours	Appears gradually
Affects more than just your nose and throat	Affects mainly your nose and throat
Makes you feel exhausted and too unwell to carry on as normal	Makes you feel unwell, but you're OK to carry on as normal (for example, go to work)

Check if you have flu

Flu symptoms come on very quickly and can include:

- a sudden fever (a temperature of 38°C or above)
- aching body • feeling tired or exhausted
- dry, chesty cough • sore throat • headache
- loss of appetite • diarrhoea or tummy pain • nausea and being sick • difficulty sleeping

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

How to treat flu yourself

You can often treat the flu without seeing your GP and should begin to feel better in about a week. To help you get better more quickly:

- rest and sleep • keep warm
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

How to avoid spreading the flu

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu:

- wash your hands often with warm water and soap
- use tissues to trap germs when you cough or sneeze
- bin used tissues as quickly as possible

A Pharmacist can help with flu

A Pharmacist can give treatment advice and recommend flu remedies. Be careful not to use flu remedies if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose. Speak to a Pharmacist before giving medicines to children.

Call NHS 111 or see your GP if:

- you're worried about your baby's or child's symptoms
- you're pregnant
- you have a long-term medical condition – for example, diabetes or a heart, lung, kidney or neurological disease
- you have a weakened immune system – for example, because of chemotherapy or HIV
- you're 65 or over
- your symptoms don't improve after 7 days

Call 999 or go to A&E if you:

- develop sudden chest pain
- have difficulty breathing
- start coughing up blood

Your GP needs to know



Let your GP know that you are a Carer and ask if this could be registered on your medical record.

Don't assume your GP knows you are a Carer, even if you think your GP is aware, it never hurts to check with them next time you see your GP. All GP practices will have a Carer registration form. As a Carer you are entitled to a free flu vaccination and your surgery may also offer the following:

- some flexibility with appointment times, for both yourself and/or the person you care for to accommodate your caring situation
- agreements to share information about the condition of the person you care for (with their consent)

Caring impacts on your health

Carers are at a much higher risk of becoming ill themselves. Your GP can help keep you fit and well by recognising the effects caring can have on your health, such as depression, stress, high blood pressure or back pain etc.

Many Carers are inclined to ignore symptoms because they cannot contemplate becoming ill themselves, when they have caring responsibilities. It is important that you look after your own health and accept any treatment that you need. **You can't look after someone else without first looking after yourself.**

So be prepared to share with your GP how much caring you are doing and any health concerns you may have.

Your GP needs to know if you are a Veteran

A Veteran is someone who has served in the armed forces for at least 1 day. There are around 2.6 million veterans in the UK.

When servicemen and women leave the armed forces, their healthcare is then the responsibility of the NHS.

It's very important for continuing healthcare, that you register with an NHS GP and remember to tell them you have served.

Telling your GP practice about your veteran status, will trigger the transfer of your full medical documentation from the Ministry of Defence (MoD) to your GP, and enable you to benefit from veteran-specific services like prosthetics and mental health if needed.

All veterans are entitled to priority access to NHS care (including hospital, primary or community care) for conditions associated with their time within the armed forces (service-related). This is always subject to clinical need and doesn't entitle you to jump the queue ahead of someone with a higher clinical need.

If the NHS service you're dealing with is unaware of priority treatment, you're actively encouraged to tell them about it and ensure you have told them you have served.

Travel Voucher Scheme

Do you know you can redeem your Bus pass for taxi voucher if you cannot use it

Travel vouchers are for people who are not able to use ordinary buses, trains or Metrolink and who have serious walking difficulties or are registered blind. They can be used to pay for taxis and for travel on accessible bus services such as Ring and Ride and community transport. See website for further details of the vouchers available.

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 the enhanced mobility component; 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, however, this must to be certified by your doctor on your application form.

The scheme has no age restrictions; however, you can't use the vouchers if you already have a National Concessionary Travel Pass, or a Concessionary Plus Pass.

The costs and the benefits

You can buy travel vouchers and use them instead of cash to pay for taxis, private hire vehicles and community transport schemes anywhere in Greater Manchester. Using travel vouchers works out as a quarter of the normal travel cost. For example, you get £20 worth of travel vouchers for just £5. You can buy up to a maximum of £120 worth of vouchers per year (from April to March). You can buy these all in one go or purchase them throughout the year. A sheet of vouchers costs £5 each (with a value of £20 of travel on each sheet). You can purchase a maximum of 6 sheets a year (at a cost of £30 to you for £120 worth of travel). We are unable to sell less than £5 worth of travel vouchers at a time. We are unable to give refunds for unused travel vouchers so you should only purchase as many vouchers as you need.

Apply for travel vouchers

You must be a member of the Travel Voucher 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.

For an application form and further information please write or phone.

TFGM, 2 Piccadilly Place, Manchester M1 3BG

Concessionary Travel: **0161 244 1000**

Website: www.tfgm.com/public-transport/travel-vouchers



Cinema Card

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The CEA Card is a national scheme which entitles a disabled cinema guest to ONE free ticket for someone to accompany them to the cinema, to provide the assistance they may need during their visit. You will need to purchase a full price ticket, you will then receive a free ticket, for the same performance, of the same film in the same auditorium.

The free ticket is provided on the assumption that the person who accompanies you can provide you with appropriate assistance, this might include

- helping you move around the cinema including finding and taking a seat;
- helping you leave the cinema in the event of an emergency;
- accompanying and/or helping you use the cinema's toilets;
- helping you buy refreshments.

Eligibility criteria may be updated from time to time; currently anyone who receives one of the following benefits is eligible:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)
- Blind Persons Registration

Cardholders must be 8 years of age or older.

The Card is valid for 1 year from the date of issue. The date is displayed on the Card

There is a £6.00 fee which covers a number of costs in running the scheme, such as maintaining the website, processing applications and producing the Card.

You can apply for the card by post or online at www.ceacard.co.uk

CEA Card,
PO Box 199,
Deeside. CH5 9BW.
Telephone: **01244 526 016**
Textphone: **18001 01244 526 016**

These phone numbers connect to our UK Call Centre. Calls charged at standard UK Landline rates. Office Hours 9am to 5pm Monday to Friday excluding Bank Holidays. Alternatively you can email us using the website contact form or at info@ceacard.co.uk.

Help when you need it most



We can all benefit from a bit of extra support at some stage in our lives. This could be due to age, ill health, disability, mental health problems, financial worries or language barriers.

Priority Services is free and could help you, your family or your friends benefit from additional support from us so we can respond quickly to those particular needs.

If you would like to register for Priority Services, please:

- call us on **0345 072 6093** anytime day or night; or
- fill in our secure online form on **www.unitedutilities.com/help-and-support/priority-services**

Even if you don't need these services yourself, if you have a family member, friend or neighbour who might benefit from a little extra support, please let them know about Priority Services. It is completely free to our customers in the North West - and you don't have to be the named bill payer to benefit from Priority Services.

Knock and wait service

If you tell us you have mobility needs, we understand that it may take you a little bit longer to answer the door. When we call at your home we will wait outside for a much longer period of time after knocking to allow you enough time to answer, so you never miss a visit from us.

Bogus Callers

To help you know that our employees genuinely work for us when they knock on your door, we offer a password scheme to help protect you against bogus callers. (If you have registered for Priority services, you'll be automatically signed up to the password scheme).

The password will only be known to you and us, and it can be any word between 6 and 12 characters long. When one of our employees visits you, ask them to give you the password before you let them in. If the person at your door gives you the wrong password, or doesn't know your password, don't let them in!

Textphone Service for Deaf Customers

If you are deaf, hard of hearing or have any speech difficulties and use a textphone, you can access our Text Relay service by dialling 18001 followed by the number you need. If you ever need a face-to-face meeting with us, we can arrange for a Sign Language interpreter to be at the meeting, if this would be helpful.

Dialysis patients

We provide extra help if you need dialysis at home. We'll contact you as soon as possible if we need to turn off your water supply in an emergency, such as burst water main, and try to time any planned shut-offs, so they don't happen on the day of your dialysis.

If we absolutely must shut the water off on your dialysis day, we'll contact you as far in advance as we can, in your preferred way, to let you know and will try to set up extra help and support.

Your hospital should have already registered your details with us if you have dialysis at home, but you can also tell us this when you register for Priority Services.

Braille, large print and talking bills

If you have sight difficulties, we can produce your bill in Braille or large print. We can also phone you to talk you through your bill to make sure you understand what you are paying for.

Many of our leaflets are available in Braille and large print. If you'd like to request any information in either or both of those formats, let us know and we'll be glad to help.

When you register for Priority Services and tell us that you're blind or partially sighted, we'll contact you personally if we need to shut off your water supply to carry out repair works.

Check your other service providers

Take this opportunity to check all your service providers (Gas, Electric, Phone, Internet etc.) to see if they offer a similar scheme to United Utilities, a lot of them do but each company calls the scheme something slightly different. The key words to ask for are priority, vulnerable or accessibility service.

Adult Continence Service Tameside & Glossop

We can make a difference to that very difficult to talk about subject

Our service is open to all, so you don't need to see a doctor or nurse, just give us a ring and we will make you an appointment. Our expertise and knowledge of continence will help you manage your condition.

All you have to do is ask to see us.

All our nurses are experts in this field, we recognise that this may be the first time you have ever talked to someone about it.

How to use the service

- You will be asked to fill in a chart, prior to your appointment
- You are asked to bring this chart, a list of medication that you are taking and a urine sample, to your appointment
- At your appointment you will be asked some questions to enable us to determine what the problem is. You may also require a physical examination and a bladder scan
- You will be given a treatment plan to follow; this may include lifestyle changes, specific exercises or medication

Contact Information

Tameside & Glossop Continence Service
Union St Clinic
Union St,
Hyde
SK14 1NX
Telephone: 0161 366 2268

Opening Times

Monday – Friday, 8am – 6pm

We have clinic sessions at Ashton Primary Care Centre and Union Street Clinic in Hyde, please telephone us for more information.

If you are housebound we can arrange for you to be seen at home.



Changing Places Toilets in Tameside

What are Changing Places Toilets?

Standard accessible toilets do not meet the needs of all people with a disability.

People with profound and multiple learning disabilities, as well as people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets. To find the nearest changing places toilet and a list of the facilities each toilet has, please visit

<http://changingplaces.uktoiletmap.org/find>

There is currently 1 changing places toilet in Tameside. The toilet is accessible to anyone with a Radar Key.

Please see below for more details:

St Anns House, Katherine Street,
Ashton-under-Lyne, Tameside OL6 7FT
Tel: 0161 331 2000
Email: contact@newcharter.co.uk

Open 24hrs a day with Radar Key. Facility features

- Bench - Height Adjustable, Adult Sized, Wall Mounted
- Hoist - Ceiling, Loop • Peninsular Toilet • Non Slip Floor
- Floor Space (sq. m) - 14 • Emergency Alarm • Privacy Screen
- Paper Roll • Radar Key • Locked

Plan a Journey

If you are planning to travel outside your local area then the Changing Places map will quickly show you all the Changing Places toilet locations along your route.

You can find each at

<http://changingplaces.uktoiletmap.org/route/plan>

We have an app for that

This is not an app to find standard accessible (RADAR or disabled) toilets. Changing Places are different to standard accessible (disabled) toilets. There are over 1000 changing places toilets in the UK. This App is the first one to allow you to find the nearest facility to you or by searching a specific location and gives you information on how to get there, how to get in, and what facilities are there.

You can find the app via Google App Store or Apple App Store.

Welfare Rights & Debt Advice Service

Welfare Rights

The service advises Tameside residents on a range of benefit and tax credit entitlements.

The advice given by the service is completely independent, impartial, confidential and free.

The service has no ties to benefit agencies or other interested parties.

The service recognises that individuals must make their own decisions, and that the role of the service is to give people the information they need to be able to exercise their rights.

What services do we offer?

Our services include:

- Undertaking casework
- Offering representation at appeal hearings
- Provide training

How long will I have to wait to receive a service?

You can request a service on-line at any time via www.tameside.gov.uk/welfare-rights or you can phone us on the Benefits Freephone Advice Line **0800 074 9985**, Monday and Wednesday 9.30am - 12.30pm. We will allocate a named caseworker to you in those cases where long term support is identified e.g. you need representation at an appeal tribunal.

Other Services

Interpreter services can be arranged for people who have English as a second language.

A home visit service is also offered for people who are restricted to their home through disability.

How we can help you

We can help you find out about the benefits and tax credits you may be entitled to.

If you contact us about an appeal we will advise you about the merits of your case and what evidence you need to support your appeal. We may be able to provide representation at your appeal hearing but we cannot provide this in every case. We will give priority to those cases where the person needs extra support to argue their case or where a particularly complex area of law is involved.

Debt Advice

We provide free, independent, confidential help and advice with debt problems, prioritising those cases at risk of homelessness.

What services do we offer?

Depending on your circumstances, we may be able to help by:

- Checking you are getting all of the benefits you are entitled to
- Drawing up a financial statement to see what money you can offer to your mortgage provider or landlord
- Representing you at your county court hearing
- Helping you prepare for your hearing if we are unable to represent you
- In some cases, by negotiating a payment plan with your mortgage provider or landlord before your hearing

How to contact us

- If you have a county court hearing for mortgage or rent arrears Text 'court help' and your name to 07980993678, and we will ring you back. Alternatively, you can phone 0161 342 3494 to speak to our admin team.
- If you are worried about paying your mortgage or you have rent arrears, but you do not yet have a date for a court hearing, you should fill out our on-line referral form at www.tameside.gov.uk/debtadvice
- You can get help with general debt problems from Tameside Citizens Advice Bureau, Clarence Arcade, Stamford Street West, Ashton-under-Lyne, OL6 7PT, Tel: **0300 330 9076**. Citizens Advice deliver a drop-in Monday – Friday between 9.30am – 12.30pm.

If you are a New Charter tenant, you can also get help with a general debt problem by ringing the New Charter debt advice team on **0808 1782330**





The Duke of York Inspiring Digital Enterprise Award

For the Ambitious

What's the big idea, Tameside & Glossop?

iDEA is a FREE, fun and easy way to help you improve your digital skills and can also help to enhance your CV. Through a series of online challenges, you can win badges that unlock new opportunities and to help you progress to get Bronze, Silver & Gold Awards that will make you stand out from the crowd.

iDEA gives you recognition for your digital and enterprise skills. In bite sized chunks, you can learn about everything from making GIFs, to keeping data safe, to designing websites, to managing projects and much more!

iDEA is a fantastic way for everyone including Carers, to get to grips with technology, understand and resolve safety concerns and explore the potential for everybody to benefit from digital and online technologies.

Sign up today at www.idea.org.uk

Get 2 points towards your Bronze Award now! Just enter badge code TandGiDEA (this is case sensitive) once you have logged into iDEA you will receive the Tameside & Glossop badge straight away!

If you feel iDEA would be useful for your organisation or community group please contact Benjamin Pilkington either by email benjamin.pilkington@tameside.gov.uk or call 0161 342 5138.

Carers Rights Day 2018

We would like to say a huge 'Thank You' to all the Carers and organisations that attended our Carers Rights Day event held on Friday 30th November 2018. We hope you enjoyed the day and found it both interesting and informative.



In the morning we had speakers from Tameside MBC, NHS Services, Population Health, Tameside and Glossop Mind, Community Response, Tameside Music Service, Active Tameside and Relax.

In the afternoon we had a drop in with stalls open to everyone to gather further information on services and activities within Tameside.

Carers Rights Day is a yearly event and if you are interested in finding out about the 2019 event, or other events, please keep an eye out in future Signpost Newsletters.

What's on... Local events/activities

Saturday 9th February

I made it! Adult Masterclass: Introduction to Felt Making

Whether you are a complete beginner or an enthusiast wanting to develop your skills, this day is for you. All materials included, cost £35/£30 concessions. **Spaces are limited so please book in advance on 0161 343 2878, 10am – 3.30pm at Portland Basin Museum.**

Wednesday 20th February

Nature & Nest boxes

Build a bird box to take home and try a wild craft activity. **11am-3pm drop in £3 charge per nest box. Near the Orchard, Hyde Park.**

Wednesday 20th February

Meet Tommy Atkins: First World War Soldier

Have you ever wondered what a soldier wore, what he ate, how he lived, fought and died in the 'Great War for Civilisation'? **11am – 3pm at Portland Basin Museum**

Wednesday 13th March

Tameside History Club

The History of Clayton Hall,
2pm at Local Studies & Archives Centre, Old Street, Ashton-under-Lyne. Call 0161 342 4242 to book a free place.

Saturday 16th March

I made it! Masterclass: Make your own Lampshade

Experiment with techniques to create something unique, or use fabric that coordinates perfectly with your interior design and colour scheme. **All materials included, cost £35/£30 concessions. Spaces are limited so please book in advance on 0161 343 2878, 10am – 3.30pm at Portland Basin Museum.**

Sunday 17th March

Mad Science

To celebrate National Science Week, 'Mad Science North West' will bring children the fun, amazement and wonder of all things scientific. With four mad scientists and their labs there is bound to be something to bewilder, baffle, surprise and entertain everyone.

11am to 3pm at Portland Basin Museum, Portland Place, Ashton under Lyne. OL7 0QA

Sunday 24th March

Big Birthday Bash

Portland Basin Museum is 20 years old, help celebrate in style, discover crafts and characters from days gone by, explore the museum and join in with a host of fun activities. **11am-3pm, Portland Basin Museum.**



If you are affected by Dementia we would like to invite you to join us for:

Let's do lunch Sunday

on the first Sunday of the month.

It's a chance for you to enjoy lunch in a relaxing environment, with others who understand the challenges you face.

We get together for lunch in a Tameside pub or restaurant once a month on a Sunday afternoon. You don't have to join us every month, just come along when you fancy it! **Booking is essential**

To find out more and where we will be lunching next or to book your place call Muriel Stretton on 07938 805678 or email: sunday.lunch.out@gmail.com

Support Groups

Dukinfield Support Group

Dukinfield Methodist Church,
Wellington Parade,
Dukinfield, SK16 4LE

11-1pm

1st Thursday of the Month

Free to attend, at 12noon an optional lunch is provided for a small charge.

Tameside & Glossop Stroke Association Carers Group

The Together Centre,
Loxley House,
85 Birch Lane,
Dukinfield, SK16 5AU

1.30-3.30pm

1st Monday of the Month

Contact Joyce Booth
0161 330 4006

Dementia Warriors

Moravian Church,
Yew Tree Lane,
Dukinfield, SK16 5BJ

1.45-3.45pm, Every Monday

Limited space, please call
organiser

Mrs Dorothy Evans 0161 338
6187

Carers Connect Support Group

Church Lounge,
HolyTrinity Church, Trinity Street,
Stalybridge, SK15 2JS

12-2pm

**1st & 3rd Friday of the Month
except August) Free (Lunch
for £3)**

Cancer Warriors Support Group

The Pavilion, Stamford Park,
235 Stamford St,
Stalybridge SK15 1QZ

10-1pm, 2nd Friday of the

Month or The Grafton Centre,

Grafton St, Hyde SK14 2AX

**11-1pm, 4th Monday of the
Month**

cancerwarriors@mail.com

OPT-IN Men's Health & Wellbeing Group

Anthony Seddon Centre,
12 George Street,
Ashton-under-Lyne,
OL6 6AQ

12.30-2.30pm Every Monday

**All welcome but please call
first to check available spaces
Contact Andy Potts 0161 342
4383, 07790923917**

Relax & Refresh

Albion United Reformed Church,
Stamford St East,
Ashton-under-Lyne,
OL6 6QQ

**11-1pm, Once a Month on a
Friday, Free drop-in, Christian
Community Group, tea, coffee
& chat**

Forget-Me-Not-Buddies

Denton Methodist Church,
Hyde Road,
Denton, M34 3AQ

1-3pm, Every Monday &

Wednesday. Roy 07787

**907087, Viv 07912176887
forgetmenotbuds@aol.com**

Parkinson's UK

Denton Methodist Church,
Hyde Road,
Denton, M34 3AQ

**1.30pm 3rd Tuesday of
the Month. Contact Susan
Newsham Volunteer**

**Co-Ordinator 0344 225 3655
snewsham@parkinsons.org.uk**

Droylsden Carers Group

The Dream Centre,
14A Market St,
Droylsden,
Manchester, M43 6EA

11-1pm

**1st Tuesday of the Month
Tea & Toast (50p) Contact
Gwen Barr 0161 370 2494
(Dream Centre Number)**

Our Kids Eyes (OKE)

Jubilee Gardens,
Gardenfold Way,
Droylsden,
Manchester, M43 7XU

Regular monthly events

either call or visit

www.ourkidseyes.org

0161 371 2084 for more info.

**This group is run by
volunteers, for parents of
children who have extra
needs.**

Tameside Autism Support for parents & Carers of Autistic children (T.A.S.C.A)

Jubilee Gardens,
Gardenfold Way,
Droylsden,
Manchester, M43 7XU

**Check Facebook for more
info@tascatameside**

**This group is run by parents
of children who have extra
needs. 07762 703966,
tascatameside@outlook.com**

If you attend or are aware of any other groups that you think would be of interest to other Carers in Tameside, please send us the details either through our Facebook page or **carerscentre@tameside.gov.uk**
0161 342 3344
www.tameside.gov.uk/carerscentre