

SIGNPOST

Tameside's Carers Centre is a space where Carers can drop in for information and advice or simply just have a chat and a brew.

"We want Carers to feel better walking out than when they walked in."



Helping Hand Tameside

Support services in Tameside to help you manage the cost of living



Cost of Living Support

We're continuing to support residents affected by the rising cost of living through our Helping Hand campaign

www.tameside.gov.uk/helpinghand

If you're struggling to afford the weekly shop or your energy bills, there's a wealth of information and local organisations available to help.

Council and guest services provide face-to-face support from Tameside One in Ashton

between Monday and Friday, 9am-5pm and are available by appointment or drop-in.

Visit www.tameside.gov.uk/getintouch to find the Tameside One timetable, how to book an appointment and contact council services. You can also reach our Customer Service Contact Centre by calling 0161 342 8355, using web chat on

www.tameside.gov.uk or by emailing customer.services@tameside.gov.uk



Pension Credit

Did you know that in Tameside £7 million worth of pension credit remains unclaimed? This is a staggering 3,279 households missing out on support.

Find out if you're one of them by using the Independent Age benefit calculator at independentage.entitledto.co.uk/home/start or by calling 0800 319 6789.

You can also visit the government webpage on how to claim Pension Credit at www.gov.uk/pension-credit/how-to-claim for more information and how to report a change in circumstances.

If you're impacted by the rising cost of living, head over to our Helping Hand webpages at www.tameside.gov.uk/helpinghand for support, information or advice on subjects like mental health, managing your money and housing.



We are back with Issue 75!



For those of you who have been supported by the Carers Centre for a while, you will remember that we used to send the Signpost out quite regularly. Our plan is to get back to sharing regular newsletters, with news, views and information to support you as a Carer.

It would be great to hear what you think or even better for you to be involved. If you would you like to write an article, share how life as a Carer is, or you have some tips or information on services that will help other Carers then please get in touch.

Find out how to get in touch and where to find the Carers Centre on the back page.

Tameside's Vision

We all want to live in the place we call home with the people and things that we love, in communities where we look out for one another, doing things that matter to us.

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Meet the Team!

Jenny Team Manager

I have managed The Carers Centre since September 2022 and before this I worked with Carers for 15 years. I absolutely love my job and I am really excited about the future of our service and how we can help to support and improve the lives of Carers across Tameside. In my spare time, I love walking my dog Peggy and horse riding.



Natalie Events and Engagement Co-ordinator

I'm responsible for arranging a variety of activities and programmes to help Carers to socialise and keep their minds and bodies active. As a Carer myself, I appreciate that looking after our mental and physical wellbeing is very important and I encourage self-care to avoid burnout. One of my favourite ways to unwind is spending time with my little dog Ernie, our walks together are a great way for me to de-stress and recharge.



Beverley Health and Wellbeing Advisor (North Locality)

I enjoy working with Carers as I have huge respect for the time and care that they give. In my role, I get to meet Carers from all walks of life who give me valuable insight. This may be meeting someone who cares for a family member, friend or neighbour who doesn't recognise that they are Carers but see it as just being there for the people they love or care about. I have a lovely Cockapoo called Betty- who is taking up much of my spare time! I enjoy walking so Betty is becoming a good walking companion which I hope will be for many years to come.



Tariq Health and Wellbeing Advisor (North Locality)

I have worked in the caring profession for many years and have also been a Carer for my late Mum. I think one of the most important roles in our society is the one of a Carer. Last summer, I started working at The Carers Centre, an exciting opportunity for me to specialise in supporting Carers in their very important role. COVID and Lockdown had a devastating effect on family life and in particular Carers looking after their loved ones at home, in our care homes or hospitals. But it's great to see that slowly people have come out to seek support and are trying to trust again. I am proud to be a member of our extremely experienced Health and Well Being Team.



Pratibha Health and Wellbeing Advisor (South Locality)

My role is to support Carers by raising awareness of services available and offer free, tailored and confidential information and advice. This can include emotional support, practical advice, signposting to other organisations and social opportunities. I too am a Carer and have experience of caring. I understand how stressful it can sometimes be to get the right support, information and advice when things are getting tough. I hope I can continue to make a difference in any small way I can and have a positive impact on those we support. When I am not working, I enjoy cooking, reading, listening to music and going for long walks.



Cabbie Health and Wellbeing Advisor (South Locality)



As a Wellbeing Advisor I cover Gee Cross, Mottram, Hattersley, Werneth and Broadbottom. Since joining the team I have found it rewarding to learn from the people I support through diverse conversations with different people every day. I am a good listener and compassionate, always seeking to bring the best out of people regardless of difference.

Marj Health and Wellbeing Advisor (East Locality)



I look after Carers who live in the Dukinfield area of Tameside, offering support, advice and information to help people in their caring roles. This means offering Carers Assessments either face to face by appointment at my hub at Beatrix House in Dukinfield or even over the phone if that is more convenient. When I am not working, I enjoy pub quizzes, reading, gardening and general pottering around my house.

Julie Health and Wellbeing Advisor (East Locality)



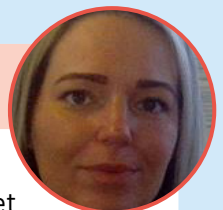
I currently cover the Stalybridge and Mossley area of Tameside. I enjoy supporting Carers with information, advice and support when needed. I feel the hard work they do supporting their loved ones is not always acknowledged or appreciated, and they themselves often go unsupported. Carers can drop in for information and advice or simply just have a chat and a brew- we just want people to feel better walking out than when they walked in. Fun fact about me, I have an inner 'Hippy' side, I love to go to festivals, dressing in whacky clothes and make up, generally wading through muddy puddles! I have an Eriba caravan called 'Annie' and love exploring Scotland and our beautiful countryside.

Megan Health and Wellbeing Advisor (West Locality)



I support Carers in Denton, Droylsden and Audenshaw. I have a hub in Gardenfold House in Droylsden where I can meet people by appointment and I am hoping to soon have a hub in Danebank, Denton. I love the challenge of finding information and/or advice tailored to people and seeing what a difference that can make. No two days are ever the same in my role. Now we are back up and running and offering drop-ins, we can offer support, information and advice on the spot and meet with you face to face. I live in Tameside with my family and my favourite family member is my 9-year-old border terrier Coops- but don't tell the rest of them!

Goodbye and good luck to Kara!



Kara our Health and Wellbeing advisor on the West is leaving our team for pastures new and is joining the team at Crickets Lane as an Assessor! We will miss her as she has been a great asset to the team over the last year. We wish her all the luck in the future.

What's been happening?

We've been busy over the last year and a half!

After the pandemic and lockdown, our team came back together into the Carers Centre. If you haven't been to visit us yet, pop down for a brew and a chat on Monday, Tuesday, Thursday, Friday between 10am – 2pm.



Celebrating Carers Week

Fast forward to June we celebrated Carers Week 2024! The week started off with a joint event with Tameside's Adult Safeguarding Partnership Board (TASPB) for World Elder Abuse Awareness Day. This event was open to the public focused on raising awareness of the support available to those who may be experiencing abuse, neglect or self-neglect.

To find out more about what abuse can look like and how to report it visit www.tameside.gov.uk/taspb Concerns can also be reported via our Community Gateway Team by calling 0161 922 4888 (choose option 1). **Please remember to always call 999 in an emergency.**

Party in the Park

On the Wednesday of Carers Week, we had a huge celebration in Stamford Park to celebrate the amazing support that Carers give their loved ones. This event was full of fun, singing and laughter! An amazing day was had by all of our team and Carers. Thank you to our fabulous singer 'Ain't Misbehaving'.



Carers Coffee Mornings

Carers Coffee Mornings have been a monthly date in the diary, we meet on the last Tuesday of each month 10am – 12noon, in the Carers Centre. Please do feel free to pop along for a brew and meet the team.

We are often joined by other support services such as the [Welfare Rights team](#) who can help with any financial worries and Tameside's [Community Response Service \(CRS\)](#) who can provide information on telecare support to keep your loved ones safe at home.

We now run a meet-up at the Hattersley Hub on Stockport Road in Hyde, SK14 3EQ. The next meet-up is on Thursday 26 September from 1pm – 3pm.

We are looking to extend our meetings throughout Tameside, please contact us with any suggestions. For any further info and to keep up to date on future coffee mornings please get in touch or connect with us on Facebook.



Exciting New Activities!

We have been offering lots of new courses, activities and meet ups. The response has been amazing, and we have often had a waiting list for events. It's been exciting to have trips to the theatre, afternoon tea and lots of interesting courses that have been facilitated by some of our wonderful partner services.

If you would like to come along to an event or course, please have a look at our What's on Guide on the next page and contact us to book.

We also post about upcoming events on our Facebook page, search Tameside Carers Centre to find us.

You can alternatively ring us on 0161 342 3344 or email CarersCentre@tameside.gov.uk

Places are limited, so get in there quick!



Launching our Three-Year Plan

We know being a Carer can impact your mental and physical wellbeing, finances, time out from home and ability to continue with your working lives. Tameside's Carers Strategy outlines our commitment and priorities for Carers over the next 3 years (2024-2027).

In March, we launched our strategy alongside Tameside's Adult Social Care Strategy at an event in our Carers Centre. We were joined by the former Civic Mayor Cllr Tafheen Sharif, Councillor John Taylor Executive Member for Adult Social Care, Director of Adult Social Care Stephanie Butterworth and people who access support from our services. The morning was a chance for Carers and services to come along and celebrate with plenty of tea and cake!



What you told us!

We asked Carers to tell us how they feel about our service and what our priorities should be.

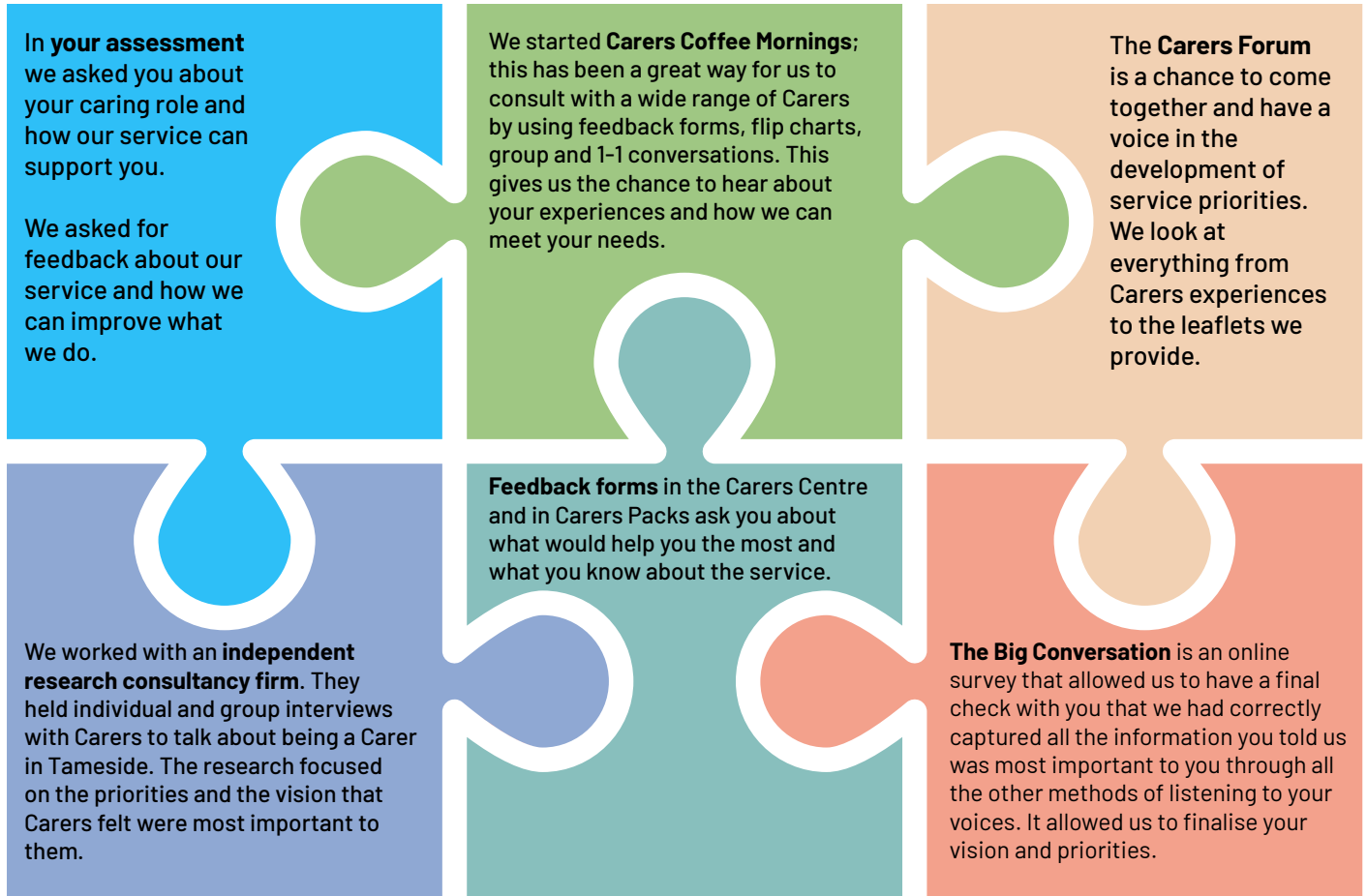
| Priority | What you told us |
|--|--|
| 1. Identifying and Recognising Carers | 'I didn't realise I was a Carer, I was just doing what I had to do to take care of my loved ones'. |
| 2. Carers as real and expert partners | 'It's important that Carers are listened to, we know the person we are caring for inside out and often know when there are changes in their health'. |
| 3. Supporting Carers to stay healthy and well | 'Helping Carers to have a social life, access opportunities for training and education and getting them the right support and information at the right time. Helping Carers to network with each other if they wish to'. |
| 4. Getting the right help at the right time | 'I didn't know about Carers support when I started caring, and I wish that I had have done as it would have really helped at the beginning'. |
| 5. Young Carers | 'Supporting Young Carers in their educational settings. School settings to be more aware of situations that Young Carers face on a day-to-day basis. Reasons they could be late for school. Reasons why they might be disengaged in their learning. Taking Young Carers' feelings into consideration and looking to support them to reduce their worries'. |
| 6. Carers in/into employment and training | 'Often Carers find it difficult to be employed due to the number of appointments and inflexibility of employers or hospitals'. |



How did we capture our Carers voices?

Tameside's Carers Strategy (2024-2027) shows our commitment to supporting Carers and developing our service to meet Carers' needs. We had conversations with Carers across Tameside to understand what our priorities will be and how we can improve what we do.

We have collected this information in a few different ways:



We are committed to listening to your voice! If you would like to get involved and guide the development of our service, please get in touch (details on back page).



Find the full strategy by visiting www.tameside.gov.uk/adults/plans or find printed versions in our Carers Centre. Easy read is also available.

What's On

September

- Evening Meditation
- Carers Stroke Association
- Breathe, Believe, Achieve
- Coffee Mornings in Ashton
- Hattersley Coffee Afternoon
- Dementia Course
- Delirium Information Session

October

- I Made It - Creative Course
- Coffee Mornings in Ashton
- Hattersley Coffee Afternoon
- Breathe, Believe, Achieve
- Carers Stroke Association

November

- Breathe, Believe, Achieve
- Coffee Mornings in Ashton
- Carers Stroke Association
- Hattersley Coffee Afternoon
- I Made It- Creative Course

December

- Breathe, Believe, Achieve
- Theatre (TBC)
- Carers Christmas Party (TBC)
- I Made It- Creative Course

Please get in touch for more information.

🌐 www.tameside.gov.uk/carerscentre

✉ CarersCentre@tameside.gov.uk ☎ 0161 342 3344



Enjoy some time out at our Coffee Morning!

Join us from 10am until
12 noon on the last
Tuesday of every month
at the Carers Centre
in the People Place,
Ashton-under-Lyne.



The Carers Corner

It's important to us that you as a Carer get to share your experiences. During Carers Week, Lisa and Allan told their caring stories. Both access support from the Carers Centre and want to encourage others to reach out for support too.

Allan, 74, from Hyde, cares for his wife after a tragic accident left her needing full time care and both being unable to work. Overnight his life changed dramatically, he felt lost as he landed into a caring role which he had no training for, this included unfamiliar tasks like administering medication. But Allan says contacting us was life changing. He said:

“ Reaching out for support is the best thing I ever did. I now feel like I'm not as alone and I often connect with other Carers through monthly coffee mornings and events organised by The Carers Centre.

They have also directed me to groups so I can take some timeout for myself. I love singing and I am now a member of the Tameside Community Health Choir and I even sing at some of the Carers Centre events.”



Lisa Smith, 43, from Ashton, is a Parent Carer who now feels listened to and supported after contacting us. Lisa never thought of herself as a Carer, to her she was just a mum raising her child. She said:

“ Post-covid I was really struggling and feeling burned out and realised I needed to get some support. After contacting the Carers Centre and talking to a Wellbeing Advisor, I felt heard and was relieved to hear about the help available to me.”

Now life for Lisa is very different, she no longer feels isolated and feels supported to make time for the things she enjoys. Guidance from her Wellbeing Advisor has led her to complete several courses through Tameside's Wellbeing College and she now regularly attends a Parent Carer Support Group. Alongside this, she's recently attended events organised by the Carers Centre including a trip to the theatre and afternoon tea.

Thank you to both Allan and Lisa for taking the time to share their stories to inspire others to come forward for support.



In each issue of the Signpost, we would like Carers to share their wisdom, advice or anything that you feel will help other Carers. If you would like to get involved with our next Carers Corner article, please do let us know (details on back page).

What's in the news?

Carer's Leave Bill gains Royal Assent and becomes the Carer's Leave Act

On 24 May 2023, the Carer's Leave Bill, brought forward last year by Wendy Chamberlain MP, gained Royal Assent and became the Carer's Leave Act meaning it will now become law.

The Bill originated in the House of Commons last year. On Friday 21 October 2022, the Bill passed through its first crucial step and secured Government support. On Wednesday 9 November 2022, the Bill went through more detailed examination and was successful at Committee Stage. The Bill was also successful at Report Stage and Third Reading on Friday 3 February 2023.

The Bill then moved across to be examined by the House of Lords. It successfully passed its Second Reading on Friday 3 March 2023, and on Wednesday 19 April 2023, the Bill was also successful at Committee Stage. The Bill finished its passage through parliament on 19 May 2023 when it was successful at Third Reading in the Lords.

[Carers UK](#) will continue to update briefings and detail on the Act, once secondary legislation is brought forward later this year which will provide more detail about how the Act will work in practice.



Young Carers Inquiry

An inquiry by the All-Party Parliamentary Group on Young and Young Adult Carers has revealed the devastating impact caring has on the life opportunities of the UK's young people.

The inquiry was led by Duncan Baker MP and supported by a group of 11 youth advisors (including 2 inquiry co-chairs) from across England, the APPG's chair, Paul Blomfield MP and the Carers Trust. The inquiry lays bare the challenges facing an estimated **one million Young Carers and many more Young Adult Carers across the UK.**

The inquiry started over five months ago and has heard powerful evidence from over 70 organisations/stakeholders and more than 400 Young Carers and Young Adult Carers.

The inquiry received alarming evidence showing **15,000 children, including 3,000 aged just five to nine, spend 50 hours or more a week** looking after someone because of an illness, disability or addiction. Read more on the [Carers Trust website](#).



Adult Carers Wordsearch

Carers can often feel like they are 'hidden'. They do so many things for the person they care for, often without recognition. Can you find all of the hidden words below that relate to some of what Carers do and how they can feel?

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

care
choices
client
dignity
empathy

family
feedback
friendly
health
home

hygiene
individual
instead
needs
personal

professional
quality
senior
services
support



Young Carers Wordsearch

Young Carers do so many things for the person they care for, often without recognition. Can you find all of the hidden words below that relate to some of what Young Carers do and how they can feel?

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

resilient
supportive
wellbeing
emotions


family
worried
patient
cooking

care
thoughtful
helpful
young carer



Get in Touch!

Drop-in for support on weekdays
(excluding Wednesday) from 10am until 2pm.

-  Tameside Carers Centre
The People Place @ Tameside One
Market Place
Ashton-Under-Lyne
OL6 6BH
-  0161 342 3344
-  carerscentre@tameside.gov.uk
-  Search 'Tameside Carers Centre' on Facebook
-  www.tameside.gov.uk/carerscentre

If you would like to be involved with shaping our services, please contact us on the above details.



Important Contacts

| | |
|--|---------------|
| Tameside Council Customer Services | 0161 342 8355 |
| Tameside Community Gateway Team (Adult Services) | 0161 922 4888 |
| Tameside Adult Services Out of Hours | 0161 342 2222 |
| Tameside Young Carers | 0161 368 7722 |
| Welfare Rights Advice | 08000749985 |
| Tameside Citizens Advice Bureau | 08082787805 |
| Age UK Tameside | 0161 308 5000 |
| Alzheimer's Society | 0161 477 6999 |
| Tameside Oldham and Glossop MIND | 0161 330 9223 |
| Tameside Hospital Main Switchboard | 0161 331 6000 |
| NHS Non-Emergency | 111 |
| NHS Emergency | 999 |
| NHS Out of Hours Dental Emergencies | 111 |
| Anthony Seddon | 0161 376 4439 |
| Change Grow Live | 0161 672 9420 |

