

SIGNPOST

Do you look after someone?

If you look after a family member, friend or neighbour who could not manage without your support, we are here to help.

We offer information, advice, wellbeing support, training, activities and opportunities to connect with others.



Celebrating Carers Week with an afternoon of bingo and banter

Scan the QR code for more information



Search 'Tameside Carers Centre' on Facebook

www.tameside.gov.uk/carerscentre

What an amazing year so far!

It's been a fantastic year so far at Tameside Carers Centre. We want to say a huge thank you to everyone who has joined us at our events during Carers Week. It was an especially memorable week, filled with laughter, connection, and opportunities to celebrate the incredible role that carers play every day.

We're excited for what the rest of the year will bring. The team all agree that the best part of our job is meeting the people who access our service. You allow us to be part of your journey, trusting us with your experiences and helping us understand what matters most to you. You are all amazing. We would like to say a heartfelt thank you for your honesty, kindness, and continued support in helping us shape and strengthen our services.

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Help shape the future of adult social care in England!

The Big Conversation on Care is an opportunity for unpaid carers, people who use care and support, families, professionals and communities to have their say.

Feedback gathered through the conversation will help inform recommendations to Government on creating a fairer and more sustainable care system.

Find out more and get involved at <https://caseycommission.co.uk/bigconversation/>

Scan the QR code for more information



Welcome to our new team members!

Thank you and farewell to Steph

After a remarkable career in health and social care, Steph Butterworth our previous Strategic Director of Adult Services (DASS), stepped into a well-earned retirement earlier this year.

Beginning her career as a nurse, she joined the council in 2003 and took on her role as DASS in 2009. During this time, Steph made a huge impact on colleagues, partners and residents through her kind and compassionate leadership. Her ability to balance strategic thinking with genuine kindness (and humour!) is something we will miss deeply.

As she moves into her next chapter, we wish her a happy retirement filled with adventure, rest and invaluable time with family.



Steph Butterworth

Welcome to Joe

We'd like to give a very warm welcome to Joe Kelly, new Strategic Director of Adults who started the role in March following Steph's retirement. Since joining Tameside in October as Assistant Director, Joe has built a strong foundation. Joe has a deep understanding of our adult services landscape. He brings an ambitious and forward thinking approach, championing innovation, new initiatives, and the use of technology to explore different ways of delivering support.

As a resident of Tameside himself, he is deeply passionate about leading high-quality services that enable people to live well.

We have every confidence that Joe will lead adult social care with both the people we support and our colleagues firmly at the centre.



Joe Kelly

Abi - Centre Manager

Hi everyone, my name is Abi and I'm the new Team Manager for Tameside Carers Centre. I've been in post since January 2026, it's great to be part of this fantastic service.

I'm excited to be working alongside such a dedicated team to support our amazing unpaid carers. I'm looking forward to getting to know everyone and contributing to the great work already being delivered. Thank you for the warm welcome!



Abi Ford

Sam - Business Support Officer

Hi everyone, my name is Sam, and I'm the new Business Support Officer at Tameside Carers Centre. I'm excited to be a part of this brilliant service to support people and make a positive change to people's lives.

I'm almost always in the Carers Centre for those who want to nip in for a chat and a brew. I will sit, listen and support you. I'm looking forward to meeting you all!



Sam Cassidy

Scott - Wellbeing Advisor

Hi everyone, my name is Scott. I'm looking forward to supporting unpaid carers by helping them connect with local services, resources, and support available to enhance their wellbeing as carers.

I'm keen to get to know colleagues and carers, so I can contribute to the fantastic support already being delivered across the service. I'm very happy to be part of the team and look forward to working with you all.



Scott Beswick

Wishing a very happy retirement to Bev!

Thank you for all the care, dedication, and support you gave to everyone at the Carers Centre. Your hard work and kindness have made a real difference and will be remembered by so many people.

We hope retirement brings you plenty of time to relax, enjoy new adventures, and do all the things you love.

Wishing you happiness, good health, and lots of wonderful memories in this exciting new chapter. Enjoy every minute – you've earned it!



Bev Walsh

Best wishes to Bryn

As Bryn leaves us for a new role, we'd like to say thank you for everything you've contributed to the team.

We wish you all the best in your new job and every success for the future.

Good luck!



Bryn Jones

Activity highlights

Craft sessions

Our daytime and evening craft sessions provide a welcoming and relaxing space where people can unwind, take time for themselves and connect with others.

Whether you're creating something new, trying different crafts or simply enjoying a chat over a cup of tea, these sessions offer a valuable opportunity to reduce stress and boost wellbeing.

You don't need any previous crafting experience, just a willingness to take part, be creative and enjoy some relaxing time in supportive company.



Drawing on a canvas

Foraging and bushcraft

Our foraging and bushcraft sessions introduce practical skills and help participants learn how to identify edible plants. Carers can also take part in outdoor cooking activities, including preparing freshly baked bread over a campfire.

As well as learning new skills, the sessions provide an opportunity to meet other carers, share experiences and enjoy time together, creating a memorable experience filled with laughter, learning and teamwork.



Carers gathered around a camp fire

First aid

Our first aid sessions are designed to provide carers with the knowledge and confidence to respond in a medical emergency.

Delivered in a friendly environment the sessions cover first aid skills including CPR and how to use a defibrillator, helping you feel better prepared to care for your loved ones safely and effectively. As well as learning practical skills and building confidence, carers can ask questions and share experiences.



First aid presentation

We'd love to see you at one of our next sessions.

Find out what's coming up on page 6, follow our Facebook page or get in touch with us.



What's on

Tameside
**Carers
-Centre-**

August

- evening monthly craft
- carers Stroke Assoc group
- diversity Being There group
- Hattersley carers coffee afternoon
- Ashton carers coffee morning
- CGL carers group
- dementia peer support group

September

- I made it, monthly craft day
- evening monthly craft session
- carers Stroke Assoc group
- Hattersley carers coffee afternoon
- Ashton carers coffee morning
- CGL carers group
- Ancestry family tree course
- EFT Session (emotional, freedom, tapping)
- evening sound bath meditation (priority to carers not previously attended)
- digital beginners carers course

October

- I made it, monthly craft day
- evening monthly craft session
- carers Stroke Assoc group
- Hattersley carers coffee afternoon
- Ashton carers coffee morning
- CGL carers group
- Ancestry family tree course
- dementia peer support group

Please contact us
for further
information on our
activities/events



**Enjoy time out
at our coffee
morning!**

**Tameside
Carers
-Centre-**

If you care for someone, come along on the last Tuesday of each month to meet other carers and access support over a brew.

**Join us 10am until midday at the
Tameside Carers Centre in Ashton-under-Lyne on:**

Tuesday 25 August

Tuesday 27 October

Tuesday 29 September

Tuesday 24 November

**Drop-in for a
brew and a chat**

Onward

If you're a carer come along for support and advice on:

Thursday 27 August

Thursday 29 October

Thursday 24 September

Thursday 26 November

1pm - 3pm

**Hattersley Hub
Stockport Road
Hyde, SK14 3EQ**





Helping Hand support in Tameside

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

If you're struggling with the cost of living, Tameside Council's Helping Hand service connects you to local support. Whether you need help managing money, improving mental health, finding housing support, or accessing food banks, we're here for you.

Get advice on energy savings, financial support, and employment opportunities—all in one place. Everyone needs a helping hand sometimes, and support is available when you need it.

Visit our Helping Hand webpages to find local services ready to support you.

tameside.gov.uk/helpinghand



Support beyond the Carers Centre

Support from Stroke Association

Carers of stroke survivors are invited to join our monthly support group at the Carers Centre. Meeting others with similar experiences can help reduce feelings of isolation and loneliness, while providing a space to share advice, encouragement and understanding.

The group provides an opportunity to access support, connect with others who understand the challenges of caring for someone affected by stroke, and learn more about activities, services and resources available through the centre.

A Stroke Coordinator from the Stroke Association is available to offer information, guidance and support, as well as referrals to appropriate services where needed. Most importantly, this is a safe and welcoming space to chat, cry, laugh, or simply listen, whatever you need on the day. And there is always a biscuit and a brew!

If you are interested in joining this support group, please contact the Carers Centre.



Stroke Association group

Change Grow Live (CGL)

We know that caring for someone affected by drugs or alcohol can be incredibly challenging, and it's not always easy to reach out for support. That's why we're working in partnership with CGL's Concerned Others Service to offer a safe, understanding and welcoming space to access guidance and practical support.

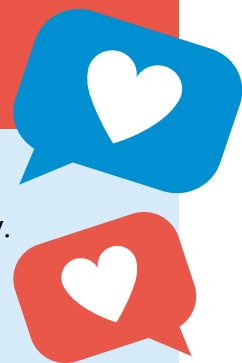
The group meets every two weeks at our Carers Centre and provides opportunities to learn about substance use, develop healthy coping strategies, build communication skills, explore healthy boundaries, receive emotional support, and connect with additional services.

Whether you're supporting a loved one with substance use or finding that your caring role is affecting your own wellbeing, you don't have to face it alone, we're here to support you every step of the way.



*Louise Bonner,
Concerned Others Worker CGL*

Celebrating carers



Carers Week was an opportunity to recognise and thank our incredible carers across Tameside who provide vital support to family members, friends and loved ones every day.

Throughout the week, we came together to connect, share experiences and take some well-deserved time out through a range of activities and events.

The week highlighted the invaluable contribution carers make to our communities and the importance of making sure they have access to the right support when they need it.

We heard from Pam and David, who shared their personal experiences, offering a powerful insight into the realities of caring and the difference that accessing support can make. Find out more about David's experience on page 15.

An afternoon of bingo and banter

Our bingo and banter afternoon proved to be a fun-filled event packed with plenty of laughs and friendly competition. Carers and those they care for enjoyed a couple of lively games of bingo, with prizes up for grabs. Over pie and refreshments, everyone had the chance to relax, socialise and take a break from the demands of everyday life.

Events like this provide more than just entertainment, they offer an important opportunity to meet other carers, build friendships and share experiences in a supportive and welcoming environment. The afternoon was full of laughter and a fantastic reminder of the value of connection.



Our carers enjoying the bingo and banter event



Natalie calling the bingo numbers

Stronger Together - a support event for carers

Stronger Together at Hyde Town Hall brought carers, professionals and community organisations together for an afternoon of support, learning and connection.

The event provided a valuable opportunity for carers to meet a wide range of local organisations, discover the services available to them and share experiences with others who understand the challenges and rewards of caring. It was fantastic to see so many people coming together in one space, creating new connections.

A highlight of the afternoon was a wonderful performance from Alan, who cares for his wife and is supported by us. Attendees also had the chance to learn more about Tameside's Carers Strategy and the ongoing work taking place to support carers across the borough.



Alan performing to attendees



Abi presenting the Carers Strategy



Attendees chatting and laughing with a brew

Update on our Carers Strategy

We're continuing to strengthen our support for unpaid carers through initiatives aligned with the six priority areas of our Carers Strategy. Find out more about the strategy at:

www.tameside.gov.uk/adults/our-plans-and-performance



Identifying and recognising carers

To help people recognise that they are carers, we offer drop-in sessions, work closely with GP practices, provide weekly outreach support at Tameside Hospital, and engage with people through our Carers Champions within adult social care neighbourhood teams.

We also provide support through the Hattersley Hub and Hattersley coffee afternoon and attend networking events across Tameside.

In addition, we are developing a Young Adult Carers Pathway in partnership with the Young Carers Team and Tameside College.

1

Scan the QR code for more information

2

Carers as real and expert partners

We recognise carers as expert partners through their lived experience. This is reflected in our Three Conversations approach, during Carer's Conversations, which starts by focusing on what matters most to you. We take time to understand your situation, explore the support you already have, discuss what you are able to do, and identify what you would like to achieve.

We are also strengthening collaborative relationships with our local hospital and GP practices and continue to embrace co-production through the Carers Forum. If you would like to get involved, please get in touch.

3

Supporting carers to stay healthy and well

Looking after your own health and wellbeing is important. Alongside a range of activities, we offer regular wellbeing check-ins, access to counselling through the Being There service, and monthly coffee mornings that provide opportunities for peer support.

Local organisations also deliver groups and drop-in sessions through our Carers Centre, including the Stroke Awareness Group and Change Grow Live (CGL). Recently, we launched new support groups, including a peer support group with Mentell for men who care for someone, and another for people supporting someone living with dementia. Find out more on page 13.



4

Getting the right help at the right time

We have listened to feedback and recognised that more people identify with the question, "Do you look after someone?" than with the term "carer". We now use this question across our information and communications to help more people access the support available to them.

We also attend a wide range of community events and help develop information resources within GP practices and local colleges.

Everyone we support receives a copy of our printed Carer's Handbook, helping to ensure that useful information is easy to access.

Alongside our website, we also produce this magazine and regularly share information through our Facebook page to raise awareness of available support.

Remember to give us a follow!

5

Younger carers

We are committed to strengthening support for younger carers by working with the Young Carers Team to create a clear and effective referral pathway.

From September 2026, we will also be working closely with Tameside College, and we currently collaborate with Tameside's Employment and Skills Team. Lived experience is central to this work, and we are developing a Young Carers Forum so that young carers can help shape the activities and events they would like to see available.

Carers in/into employment and training

We can work flexibly with you to access employment, education and training opportunities. Through partnerships with Employment and Skills, Carers Trust, the Department for Work and Pensions (DWP), and Groundwork, we can help you balance your caring responsibilities with work, learning and personal development.

6



We're stronger together – explore support groups



Mentell support group

Are you a man who cares for a family member, partner or friend?

We are excited to announce our new men's carers Peer Support Group in partnership with Mentell. This is a peer-led support group in a safe, confidential and non-judgmental space where you can talk, listen or simply be in the company of others who understand.

There is no pressure to share your story, you can participate as much or as little as you feel comfortable. Whether you are finding your caring role challenging or just need a place to offload come and join us. Please note this is not a counselling service.



Carers attending our Mentell support group

Being There

Being There is an inclusive charity that welcomes people from Black Caribbean, Black African, Asian and other minority ethnic backgrounds, people who identify as LGBTQ+ and people with disabilities. The service provides the opportunity to meet new people, learn new skills, develop friendships, and support your mental health and awareness.

Dementia peer support group

Caring for someone with dementia can feel incredibly lonely and it is completely normal to feel overwhelmed by the daily challenges.

Our peer support group at the Carers Centre is a place where you don't have to face it alone. Being in a room with people who truly understand what you are going through brings a huge sense of relief, and a comforting reminder you are not on your own, and your feelings are completely valid.

It is a relaxed space to chat, share practical tips that work in real life and celebrate the good days together. Occasionally, other organisations join to offer extra advice and support. Whether you want to share or just sit back quietly with a cup of tea and listen you are more than welcome.

If you'd like to find out more or take part, please get in touch with us, our details are on page 16.



What's in the news?

Young carers recognised in major review of youth unemployment

A new report by the Milburn Review has highlighted young carers as one of the most overlooked groups at risk of unemployment. Carers Trust welcomed the findings, saying many young carers will feel reassured to see their experiences and challenges recognised at a national level.

The report found that young carers often face significant barriers to education and employment, with many going unidentified at school and missing out on vital support. It also highlighted the disproportionate impact of caring responsibilities on young women. The report noting that more than a quarter of young women who are not in education, employment or training (NEET) say this is because of responsibilities at home.

Carers Trust is calling for a young carer lead in every school to help identify and support young carers earlier, enabling them to balance education, caring responsibilities and their own wellbeing. The charity hopes the report will lead to meaningful reform and greater recognition of the contribution young carers make.



Read more:

[Young carers one of the most 'at risk' to unemployment - News & Media - Latest News, Views & Opinions | Carers Trust](#)

Scan the QR code for more information

Millions of unpaid carers to get earlier support under new government plan

The government has launched its first cross-government action plan to improve support for the millions of unpaid carers across England. Built around three priorities, recognise, refer and reach, the plan aims to identify carers earlier and connect them with the help they need.

Key measures include allowing carers to register their role on the NHS App, creating a new carers' information hub on GOV.UK, improving support in schools for young carers, and introducing a carers' charter outlining rights and entitlements. Employers with more than 250 staff will also be required to strengthen support for unpaid carers from 2027.

The plan comes as nearly one in 10 people in England provide unpaid care for a family member, friend or loved one. Charities including Carers Trust and Carers UK have welcomed the move, calling it a positive step towards better recognition and support for carers.



Read more:

[Millions of unpaid carers to get recognition and earlier support - GOV.UK](#)

Scan the QR code for more information



The Carers Corner - David's story

David cares for his husband, also called David, alongside their support dog Rosie. He's found reassurance through accessing the support available to him following his husband's recent Alzheimer's diagnosis.

What are the challenges of being a carer?

We found out in December that he was diagnosed with Alzheimer's. So, we were just getting used to him having the tumours, having all of that and then this on top of all that. I think I've got difficult days coming ahead, but I think I can face them knowing that I've got this support."

.....

What aspect of the service do you like the most?

Connection. Friendship. Just somebody else that understands what you're going through. The Carers Centre gives a safe space for carers, whether you want to talk or whether you just want to get out of the house for five or 10 minutes.

It's sort of an outlet.

There's a labyrinth of things they signpost to. And the nice thing is the wellbeing advisors don't just signpost us, they help us find services and support. They follow up asking 'Did you go? What did you find? How did you find it?'

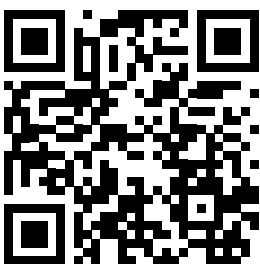
.....

What advice would you give to someone just starting out on their caring journey?

Don't hesitate, the sooner you do it the better.

.....

[Listen to David tell his story](#)



Scan the QR code for more information



David and support dog, Rosie

Get in touch

If you support a partner, family member, friend or neighbour, we offer a welcoming space for information, advice, or just a friendly chat and a brew.

Our wellbeing advisors can help you with:

- tailored emotional support
- advice on benefits like Carer's Allowance
- signposting to local services, social groups and activities.

No appointment needed – just drop in!

Monday, Tuesday, Thursday and Friday between 10am – 2pm

 Tameside Carers Centre at Tameside One,
Market Place, Ashton-under-Lyne, OL6 6BH

 www.tameside.gov.uk/carerscentre

 0161 342 3344

Scan the QR code for more information



Important contacts

Tameside Council Customer Services 0161 342 8355

Tameside Early Support and Advice Hub (Adult Services) 0161 342 5656

Tameside Adult Services Out of Hours 0161 342 2222

Tameside Young Carers 0161 342 5463

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