

Tameside
**Carers
-Centre-**

Issue 77

January 2026

SIGNPOST

The 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.”



Carers Week Afternoon Tea



Search 'Tameside Carers Centre' on Facebook

www.tameside.gov.uk/carerscentre

It's 2026, how did that happen!

It's been another incredible year at Tameside Carers Centre, and we want to thank everyone who joined us for our Christmas party. What a fantastic evening filled with festive cheer, laughter, and plenty of dancing!

As with any service, we strive to get better each year, and we expect 2026 to do just that. The team agree that the best part of our job, is meeting the people who access our service. You allow us to be part of your lives, trusting us with the details of your life. We think you are all amazing and a huge thank you for being open, honest and helping us to shape our services.



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Goodbye and see you soon...

At the end of November, I will be leaving Tameside for pastures new. After a fabulous 3 years with Tameside Carers service as the team manager, I have been offered another role and will be taking this up on the 1st December.

When I started with Tameside Carers Centre, we knew that there was a lot of work to do, and I am proud of what we have achieved. I couldn't have done this without the great team that I have and the wonderful Carers that are part of our service. I have absolutely loved getting to know each of you.

So, it's a goodbye for now, I will be leaving the service in some great hands, and I am sure 2026 will be bigger and better than ever!

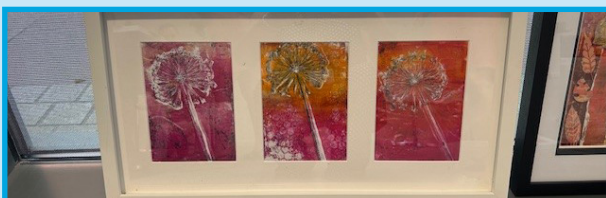
Take care,
Jenny Cocker



What's been happening?

Your Rights and Entitlements

We held an event for Carers Rights Day (20 November) with 16 services offering in-person support and advice. On the day we met lots of new Carers, who told us that the day was great and very helpful! It's important to know your rights and how you can access support, please get in touch if you have any questions.



Evening Craft Groups and Meditation

You asked us for activities in the evenings so people who work during the day can take part. Evening craft sessions have been fun-filled and it's great to see you get creative. Evening meditation sessions have also been a success, providing a space to relax and learn skills that can be used at home.

Carers Forum

The Carers Forum met in October and discussed our registration form (please see our You Said, We Did on page 9 for an update). We also talked about experiences in hospital when looking after someone, this will help us develop support and training alongside our health colleagues. You're welcome to join our forum, please contact us if you're interested.

Tai Chi

Many took part in a 6-week Tai Chi course in Stamford Park café; you told us that you loved this course and would like us to run this again.



Discovering your Ancestry

We collaborated with our Local Studies and Archives to create a wonderful break from daily responsibilities by exploring our family trees. There was a huge feeling of support for each other as people delved into their family history. It was great to see participants grow in confidence using digital tools and research skills. Make sure to contact us for further information on the next course.

The Big Chat

We took part in lots of events this year and most recently went along to The Big Chat. Here we met lots of people within the learning disability community and spoke to Carers about the support we provide.



Upcoming Events 2026

January

- Carefit, Evening Keep Fit for Carers
- I Made It, Monthly Craft Day
- Evening Monthly Craft Session
- Hattersley Carers Coffee Afternoon
- Ashton Carers Coffee Morning
- Carers Stroke Assoc Group
- Diversity Being There Group
- Ancestry/Family Tree Sessions

February

- I Made It, Monthly Craft Day
- Evening Monthly Craft Session
- Carefit, Evening Keep Fit for Carers
- Hattersley Carers Coffee Afternoon
- Ashton Carers Coffee Morning
- Carers Stroke Assoc Group
- Diversity Being There Group

March

- I Made It, Monthly Craft Day
- Evening Sound Bath Meditation
- Carers Stroke Assoc Group
- Diversity Being There Group
- Ancestry/Family Tree Sessions
- Hattersley Carers Coffee Afternoon
- Ashton Carers Coffee Morning

April

- I Made It, Monthly Craft Day
- Evening Monthly Craft Session
- Carers Stroke Assoc Group
- Diversity Being There Group
- Ancestry/Family Tree Sessions
- Hattersley Carers Coffee Afternoon
- Ashton Carers Coffee Morning



Contact us for more info

ENJOY SOME 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.

Talk to our Wellbeing Advisors for information, advice and signposting to local services who can support you as a Carer.

2026 Dates

Join us 10am to 12noon at the People Place in Ashton-under-Lyne on:

27 January

24 February

31 March

28 April

26 May

30 June



Carer Drop-In at the Oasis Centre

Tameside
**Carers
-Centre-**

Caring for a loved one is rewarding, but it can also be challenging. Whether you need advice, emotional support, or just a friendly chat, we're here for you.

What's on offer:

- Access resources and get practical advice
- Find emotional support
- Learn about local services and benefits

Every Wednesday,
12 noon – 3 pm
Oasis Centre,
Haughton Green,
M43 7PL



No need to book—just drop in!





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 in Tameside

Tameside Pulmonary Fibrosis Support Group

This group support patients, families and Carers suffering from Pulmonary Fibrosis, which is a life limiting lung disease with no defined prognosis, cure or clear pathway. Most people have it between 3 to 5yrs following diagnosis and as it worsens most must rely on oxygen.

1000 people a month die from this disease in the UK alone and to date since setting up the group in 2018, they have lost 65 members. Causes can be certain medications, chemical or environmental exposure, auto immune conditions or sometimes the cause is never known. Health professionals still struggle to recognise it.

The group's founder Clive Green was a long-term sufferer and having attended the only support group in Manchester at Wythenshawe Hospital, when first diagnosed, he decided with his wife Sue that Tameside needed its own group.

Members meet monthly face to face and virtually via Zoom for those who can't physically attend. There are currently around 300 members globally with 40+ attending the regular face to face.

Members find the group a friendly and safe place to chat openly with people who understand this lonely, isolating journey. Meetings provide valuable peer support, medical support, accessible information. Not to forget there is always lashings of tea, coffee and cake. They have also recently received funding for a light lunch to be served.

The groups also host summer canal boat trips, create newsletters and connect with people via social media.

To raise further awareness of the disease, they have leaflets which are currently making their way across the globe in their photo challenge, with Clive securing a boarding pass for a leaflet on the Artemis Rocket - next stop The Moon!



Please don't hesitate to get in touch for more information:

07533802620

Tpfsg1@gmail.com

<https://www.actionpf.org/support-groups/tameside-pulmonary-fibrosis-support-group>



You asked, we did!

It's important that we come back and tell you how your feedback makes a real impact on the support we provide.

Signpost Newsletter

You told us that you loved our newsletter, and this helped you keep up to date and connected to our service.

We brought Signpost back in December 2024, thank you to everyone who has contributed to newsletters by telling your stories and sharing poems. We would love for more of you to be involved, please get in touch.

Groups and Activities

You asked for a varied range of courses, activities and events. You told us that this supported you in your caring role and you like to meet other people in similar situations.

We've hosted many different activities, such as Makaton, First Aid, Archery and lots more.

Personalised Support

You told us that every Carer has a different experience and so it's important to get personalised support.

Our team have completed a wide range of training around person centred support, to make sure that we are listening to you and we can meet everyone's needs.

Making leaflets easier to read and registration simple

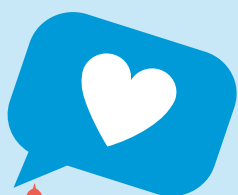
You told us that leaflets, were very 'wordy' and this was sometimes hard to read. You have recently told us the original registration form can be a barrier due to the length and amount we ask.

We worked with you to simplify the information that we use, and we have now simplified the registration process to make it easier for new people accessing our service.

Raising Awareness with Posters

You told us that we needed a range of posters in different languages to help people identify themselves as Carers. You asked for posters to be in community spaces, with QR codes.

Have you spotted our posters in Tameside hospital, GP's surgeries or your local community centre? Have we missed anywhere? Please let us know! We have also now started to add QR codes on.



Understanding your Rights

You told us that you didn't always know your rights as a Carer.

We dedicated a Signpost newsletter issue to Carers Rights. We've also invited you to come to training, seminars and invited specialist services to our coffee mornings.

A Carers Handbook has been developed to help you know your rights and entitlements.

Don't forget, we are always on hand to help you with this!

Evening Activities

You told us that sometimes activities in the day don't work for you and that you would like activities after typical working hours.

We have now introduced evening sessions, such as arts and crafts, meditation, keep fit and Carers forums.

We want to hear your thoughts, so we can make sure we deliver the best service.

If you have any feedback, please talk to a member of our team about what you would like us to improve.

Carers Handbook

Tameside Carers Centre

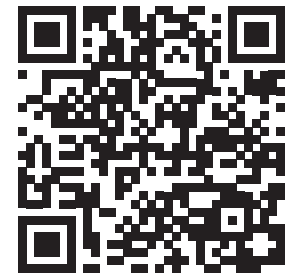
Wellbeing Advisor Name:

Contact Number:

Contact Email:



A year in review: Our Carers Strategy



Read our Carers Strategy at
<https://www.tameside.gov.uk/adults/ourplans>

You told us that it was important to develop a Carer's strategy and wanted us to be transparent in telling you what we've achieved.

Year 1 was our chance to understand Carers across Tameside and listen to what you wanted from our service. In year 2 and 3, we will build on this work.

Here we look at our **6 priorities** and what progress we've made in the last year:

Identifying and recognising Carers

1

- 270 Carers Assessments & Joint Assessments
- 635 Carers Reassessments & Joint Reassessments
- Attended 50 events across the community and spoke to over 850 people.
- 3000 leaflets with our information sent out by Tameside Hospital
- Mandatory Carers awareness training for Adult Services workforce
- Monthly stalls at GP Surgery in Hyde
- Monthly stalls at the hospital
- Working with SEND
- Working with Community Groups
- Household Support Fund Vouchers

2

Carers as real and expert partners

- Carers Forums
- Carers with lived experience on the strategy board
- Carers informing training to professionals
- Improving awareness of the services via sharing stories, leaflets and posters.
- Helping to develop a Carers Handbook
- Carers team advocating on behalf of the Carer
- Carers sharing their stories in the Signpost Newsletter



Supporting carers to stay healthy and well

- Activities for time out and peer support
- 12 Coffee Mornings with partner agencies in attendance
- Hattersley Hub Coffee afternoon
- Sharing the Signpost newsletter
- 6 hubs across Tameside
- 3 x 6 weekly Breath Believe Achieve Course - helps Carers with mindfulness and skills to promote good wellbeing
- 3 x 3 weekly First Aid Course for Carers
- 1 Mental Health First Aid course for Carers
- 2 Theatre Trips
- A 3-week Archery Course
- Christmas Party
- Carers Afternoon Tea
- LPA, wills and trusts workshop with Solicitor for Carers – advice sessions
- 2 x 6 Meditation Course
- Carers Quiz Night
- Walking Group
- 2 x 6-week dementia course with Age UK
- 6-week dementia course with Alzheimer's Society aimed at the BAME Community
- 7 Carers Craft Workshops
- 2 Delirium Workshop Course

Getting the right help at the right time

- Training to GP Surgeries
- Developing relationships with partner agencies
- Open access to Carers drop-in service

4

Carers in/into employment and training

- Carers training courses – First Aid / MHFA
- Linking in with the DWP / Welfare Rights and CAB
- Supporting Carers in to work in partnership with Groundworks
- Supporting Carers to know their rights in work
- Supporting Carers to access Tameside College

5

Younger Carers

- Pathways developed with Young Carers
- No Wrong Door Action Plan completed
- Staff completed training such as – sexual health to support Young Adult Carers
- Joint activities between young and adult carers
- Work completed with SEND

6



What's in the news?

The Care Quality Commission (CQC) Visit Tameside

The Care Quality Commission (CQC) have recently undertaken assurance visits to all local authorities and Tameside Council welcomed inspectors in November 2025.

CQC regulate health and adult social care, working together with the public, systems and providers of care to protect people, and to promote and improve the quality of care.

Thank you to all that took part, provided feedback and spoke with CQC about your experiences with the Carers Centre.

The State of Caring 2025

Carers UK closed their 2025 survey, the State of Caring 2025 in August. Since, they have released two reports following their campaigns. The first report looks at the cost of caring for carers and the impact this has. The second report looks at the 10-year plan for NHS – a fresh approach to supporting unpaid Carers. These can be found at www.carersuk.org

Personal Independence Payment (PIP)

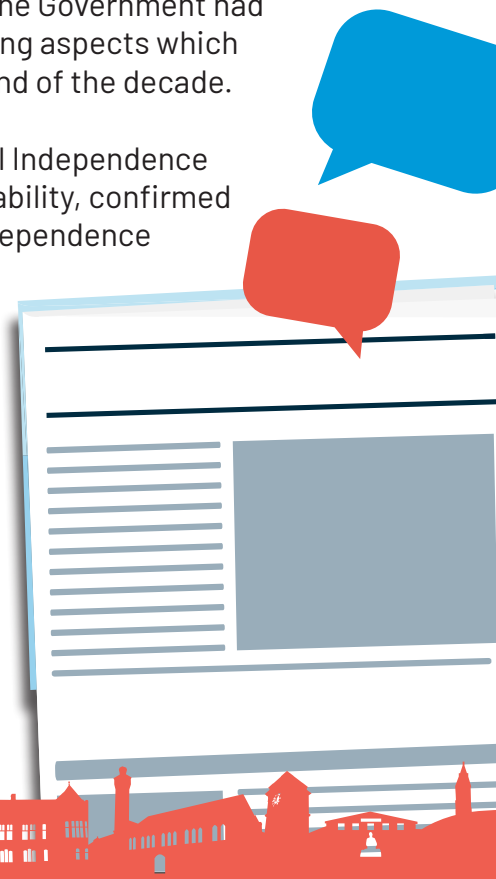
In March 2025, the Government published its Pathways to Work Green Paper, detailing plans to reform the welfare system. This included proposals to make substantial cuts to Personal Independence Payment (PIP) and carers' benefits.

Thanks to significant pressure from unpaid carers and disabled people, the Government had to make important changes to the proposed legislation, including removing aspects which would have seen 150,000 carers lose their benefits entitlements by the end of the decade.

On 1 July, during the Second Reading of the Universal Credit and Personal Independence Payment Bill, Sir Stephen Timms MP, Minister for Social Security and Disability, confirmed that the Government would remove all provisions relating to Personal Independence Payment (PIP) – and carers' benefits – from the Bill. This means:

- There will be no changes to PIP or carers' benefits as originally proposed.
- Any future changes to PIP will only be introduced after Autumn 2026, and only once the Government's full, co-produced review of PIP has been completed.

These were significant changes to the Bill, achieved through the vital campaigning of thousands of carers and disabled people who united against the proposed cuts to PIP. You can read more about the Carers UK on their website www.carersuk.org



The Carers Corner

Thank you to Janet and John for sharing their story on how Tameside Carers Centre has become a lifeline in their journey caring for a loved one with late-stage Alzheimer's.

Janet and her partner John care for Janet's father, William, and regularly attend the centre's monthly coffee mornings, where they receive support from wellbeing advisors and connect with other carers.

Janet said: "We care for my dad who's got late-stage Alzheimer's, and it is a full-on job, so coming here is so good. We're meeting new people, making new friends and actually going out with friends we've made here outside of the coffee mornings."

She added: "We can come here four or five times a week just for a chat if we want to. If there's anything we're struggling with, we can just come in. Everything I've asked for help with I have received it, and I just can't praise it enough."

The centre also offers free activities for registered carers, including meditation sessions, seasonal events and access to other services such as welfare rights and occupational therapy.

Janet said: "We've been to the summer ball and the Christmas meal at the Village Hotel two years running – I was amazed it was offered to us for free but very grateful. Meditation has been extremely helpful, and we both now practice it. All these activities are free, which gives us that time away from our caring commitment as we've both been struggling."

Finally, Janet added: "Everything I've asked for help with I have received, and I just can't praise it enough. I understand how money is stretched and I'm just so grateful money is being put into this centre, and more people need to know about it."



Get in Touch

Do you look after someone?

Tameside Carers Centre is here to make life a little easier.


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 & activities

No appointment needed – just drop in!

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

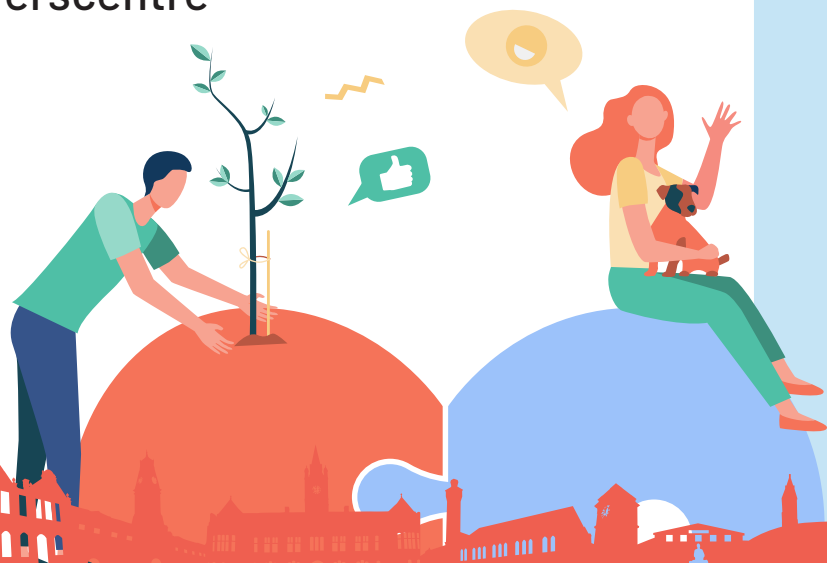
 The People Place, Tameside One, Market Place,
Ashton-under-Lyne, OL6 6BH

 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 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

