



Gaddum

January Edition

Gaddum here...

How are you?

Happy New Year! This issue of the newsletter features news and activities upcoming in the New Year! We hope you enjoy what the team has put together and we hope it can be of help to you. From everyone at Gaddum we wish you a Happy New Year!

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Gaddum ... Carers



Community News

Healthwatch Salford

Healthwatch Salford want to hear about people's experiences of Adult Social Care services in Salford. This project is part of a national campaign, and Healthwatch Salford want to make sure that the voice of Salford is included.

The aim of the project is to put a face to unmet need so that people can hear the real stories behind the statistics. To do this, Healthwatch Salford want to collect a set of case studies that will show people who are overlooked or underserved by the current social care system, and the impact this has on their lives.

If the person you care for feels they have been overlooked by Adult Social Care services in Salford or have struggled to access it, and would like to share their experience with Healthwatch Salford, please ask them to contact Engagement Officer Ali Macleod on 0330 355 0300 or email alison@healthwatchsalford.co.uk.

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Time for Yourself

Salford art club

The Salford art club is currently running a weekly art club at Salford art gallery.

Amateur and Professional artists are welcome

Contact :- salfordartclub@outlook.com

Ring:for more information

Salford Art Gallery, The Crescent, Salford, M5 4WU

Health and wellbeing

A winter supper stew

This healthy meal uses up all those leftovers and can be a mix of most root vegetables, greens, or beans. If you change the vegetable, greens or beans just substitute with the same quantities.

Ingredients:

2 large onions

6 cloves of garlic

1 large Carrot

400g tin of Butter Beans

400ml veg Stock

1tbsp of cider vinegar

400g of chopped tomatoes

200g of greens, finely chopped

A large leek

Oil to fry

Finely chop onions. Peel and halve the garlic lengthways. Thinly slice leek, carrot and add all these to the pan lightly frying in some oil. Season with salt and pepper.

Drain and rinse the beans adding the stock to bring to the boil. Reduce to simmer adding tomatoes and vinegar. Cover and simmer for 15 minutes. Finally add the greens, cooking until they wilt.

Then serve.

Bon appetit!

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My fitness story

I started running! So back in 2016 when my daughter swam each evening with her local swimming club, I joined the gym to lose weight and to become fit. I ventured onto the treadmill or dreadmill (as I now know it by) and I couldn't even run a minute. I persevered, I printed off the NHS Couch to 5k plan, and I completed it in 9 weeks on the treadmill.

Then a work colleague asked me to join her in a 5k Santa Run at Old Trafford. I was determined to complete it whilst running (not walking in between) which I managed to do! The sense of achievement it gave me was overwhelming and my weight loss was amazing. We then decided to try a 10k run. I trained harder by researching training plans and tips on the internet, then decided to start running outdoors. I treated myself to some good trainers and running gear, including waterproof jacket etc. My journey to run had begun!!

2019 saw me run my first Marathon which I was keen to do in Manchester, I also raised sponsorship money for Gaddum. I have now completed numerous runs at various distances, including many 10 mile running events, half marathons as well as last year's Great North Run 2021, I have also since completed an ultra-marathon! I have since joined a local running club and compete for them, I have also found a new found love in fell running. I ran the Yorkshire 3 peak in summer 2021 which was an amazing day out, (I'd highly recommend it.)

I have already entered the 2022 Manchester Marathon and I hope to run more Ultras and fells throughout the year. I also cycle and I started swimming January 2021, so who knows where this will lead! We can all achieve when we believe in ourselves... have the courage and motivation to start. Where will 2022 take you?



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How you Feel

Brew Monday

Brew Monday is 17th January. Come and join our groups and activities over Zoom to share how you're feeling with people that understand.

Monday 17th January has sometimes been referred to as being one of the most difficult days of the year. On this day, why not reach out to someone you know who might be having a difficult time, and don't forget to look after yourself in the process! The Samaritans have a range of information and support on their [website](#) that can help you to manage difficult situations.

Your caring role

Mobilise

January can be a tough month for many people. Many struggle with post holiday blues, the cold and dark nights and this year we have the Omicron variant which has caused stress and worry for a lot of people, in particular carers, the people they care for and their families.

Mobilise, an online service for unpaid carers, has written a helpful article, with ideas for [how we can keep the person we care for entertained](#), which you might find useful in January. These top tips have been created by carers, for carers:

1. Puzzle books and magazines
2. A stretch or a fun physical exercise
3. Getting lost in arts and crafts
4. Baking, cooking or designing an awesome snack!
5. Have a movie (or show) night
6. Audio books / Podcasts

The article is great because each top tip has lots of ideas attached to it you might want to try. There's also a section called 'Ideas for Condition Specific Activities'.

As always, make sure you look after you too. Your health and wellbeing is so important. You must prioritise you, and if you need to discuss this, Gaddum Carers Salford are here to support you. Give us a call on or email salford.carers@gaddum.org.uk and we can have a chat.

Gaddum ... Carers

Work and training

Volunteering opportunities

If you are thinking of volunteering in the new year, you can log on to the [Salford CVS portal](#) and have a look at some opportunities in your area based on your availability. There are a range of roles, training and experience that you could take part in!

Covid 19 update

Boosters for carers

Since the plans for COVID-19 boosters have been speeded up, Carers UK became worried about unpaid carers who cannot leave the person they care for alone for very long, or cannot stand in queues with the person they care for.

Carers UK have raised this urgently on unwaged carers' behalf, and are delighted that the Department of Health and Social Care have agreed that carers in England with current caring commitments [can use this letter](#) to get priority at vaccination centres and avoid long queues.

How carers can use the letter:

Carers with current caring responsibilities should print the letter out, or save it onto a device and take it with them to their appointment or walk-in-clinic.

Carers UK statement: <https://www.carersuk.org/news-and-campaigns/press-releases/carers-uk-on-carers-letter-for-booster-jabs>

We hope this makes it easier for you to get vaccinated and protect yourself, the person you care for and other loved ones over the holidays.



Gaddum ... Carers

Managing at home

Men's Group

Continues on Tuesday 11th January, 11am - 12pm

Come and join us on the 2nd Tuesday of every month for a group specifically for male carers hosted by Josh. A supportive environment where you can get advice, discuss topics which can support you in your caring role and share your thoughts and feelings.

For more information or to book your place on the group please contact us at salford.carers@gaddum.org.uk or call 0161 834 6069.

Carers Coffee Morning

Our virtual coffee morning is taking place as usual on the first Tuesday of each month at 11am (4th January), contact us to book your place!
salford.carers@gaddum.org.uk or call 0161 834 6069.



Gaddum ... Carers

Hi, I'm Gaddum...

The team at Gaddum carers Salford are here to help, if you want to speak to one of our carers support workers, call us on 0161 834 6069 or email us at salford.carers@gaddum.org.uk

Essential numbers:

Money advice and Welfare Benefits

Universal Credit: 0345 328 5644

Salford Welfare Rights: 0800 345 7375 (Mon-Fri 10am-12pm)

Citizens Advice Bureau: 0300 3309 074 (Mon-Fri 9am-4pm)

Need to Talk?

Salford Women's Aid: 0161 793 3232

NSPCC: 0808 800 5000 (24H)

Cruse (bereavement support): 0800 808 1677 (Mon-Fri 9am-5pm)

Action on Elder Abuse: 0808 808 8141

Childline: 0800 1111 (24H)

Respect – Men's Advice: 0808 801 0327

Mind: 0300 123 3393 (Mon-Fri 9am-6pm)

National Domestic Abuse Helpline: 0808 2000 247 (24H)

Victim Support: 0808 168 9111 (24H)



Spirit of Salford Network

The Spirit of Salford Network is a collaboration of lots of different organisations and volunteers across Salford, and it's here to help you during these challenging times. Whether it's practical help while you are self isolating, or support with your wellbeing, the Spirit of Salford is here for you. There is a dedicated Helpline available 8.30am to 6pm Mon-Fri and 9am-1pm on Saturdays; Call 0800 952 1000 or you can find out more about the help available [HERE](#).

Salford City Council

If you need to self-isolate and need help, call **The Spirit of Salford Helpline** on

 **0800 952 1000**

(Monday – Friday, 8.30am – 6pm).

Or go to www.salford.gov.uk/spiritofsalford



Do you have some news to share?

Get in touch

0161 834 6069 | salford.carers@gaddum.org.uk | gaddum.org.uk