



# Gaddum here...

## How are you?

This issue of the newsletter features news and activities upcoming in March 2022. 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 hope you have a great month and find this newsletter useful.

If you have any thoughts about the newsletter, for example what articles you like, or what you would like to see more of, please get in touch. Just drop us a line by emailing us at [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) or call 0161 834 6069. We look forward to hearing from you! Inside this issue:

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# Gaddum ... Carers



## Community News

### National Hydration Week - 14 - 20 March 2022

Nutrition and Hydration Week has taken place every March since 2012. Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and well being in health and social care.

Organisations from around the world and from all areas of health and social care take part and new organisations are welcome to join in the fun. The highlight of every Nutrition and Hydration Week is the Global Tea Party which takes place on Wednesday.

We'd love it if you could share photos of your tea parties on social media using the hashtag #NHW2021 and tweeting them to us [@NHWWeek](https://twitter.com/NHWWeek).

# Gaddum ... Carers

## Adult Social Care

Does the person you care for get support from Adult Social Care, or have they struggled to get support? 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 contact Engagement Officer Ali Macleod on 0330 355 0300 or email [alison@healthwatchsalford.co.uk](mailto:alison@healthwatchsalford.co.uk) by Monday 21 March 2022.

## Time for Yourself

### Walking in Blackleach Country Park

Blackleach Country Park just outside of Walkden is a recognised nature reserve and is an ideal space to enjoy the countryside. Facilities include:

A Lake, Orienteering, Fishing, Toilets, Visitor Centre and Car Parking.

There is 24 hour pedestrian access.

ADDRESS: John Street, Walkden M28 3TD

There is also a Friends of Blackleach Group who help to maintain and manage the site. If you would like to know more about them please access the Salford City Council web page.

And please get in touch with us if there are any parks or nature reserves you like in Salford or the surrounding areas. We'd love to feature them in future newsletters! Email [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) or call 0161 834 6069.

# Gaddum ... Carers

## Coronavirus Updates

### Vaccine Updates

An extra booster dose of the COVID-19 vaccine will be offered in the spring to everyone aged 75+, residents in care homes for older adults and Immunosuppressed people aged 12+, following new advice from the Joint Committee on Vaccination and Immunisation (JCVI). Find out more [here](#).

### An end to Self-Isolation and Free Testing

If you test positive for COVID-19, you are no longer legally required to self-isolate. Stay at home if you can and avoid contact with other people. You will not have to take daily tests or be legally required to self-isolate following contact with someone who has tested positive for COVID-19.

We understand this is a worrying time for you as a carer but there are still steps you can take to help protect yourself and others against COVID-19. These include getting vaccinated and getting your booster dose. You can wear a face covering in crowded, enclosed spaces, let fresh air in if you meet indoors, or meet outside. You can also get tested if you have symptoms and stay at home if positive.

From Friday 1 April 2022, free lateral flow tests will no longer be available except to the over-75s and people over the age of 12 who have weakened immune systems. Anyone else will have to buy a test from pharmacists or other retailers. The government has indicated it expects individual tests will cost a few pounds.

Until April, you can still order lateral flow tests for free from the Government [website](#), or by calling 119 (lines are open every day 7am - 11pm, free of charge). Or you can pick up lateral flow tests from libraries and participating pharmacies. Find out more [here](#).

Carers UK responds to the government's 'Living with COVID-19' plan [here](#).

We'd like to hear your thoughts on the government's lifting of restrictions. How will it affect you and the person you care for? Please email [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk), call 0161 834 6069, or fill in this anonymous [short survey](#) and share your experiences by 14th March 2022.

We'll feature a few quotes (anonymously) in our next newsletter / online so other carers in Salford can hear from their fellow caring community on this topic.

# Gaddum ... Carers

## **Birdwatching Group**

Birdwatching is a 'cheep' (sorry excuse the pun!) and excellent way to meet friendly like-minded people who have a shared interest in the countryside, birds and wildlife.

Find a local birdwatching group near you by searching the RSPB Website <https://www.rspb.org.uk>

Also you can contact WEA Adult Education Classes 0161 273 7652.

## **International Women's Walk**

The Walk for Women will be back again this International Women's Day 2022, with a walk on Sunday 6 March 2022.

We'll be meeting Outside Castlefield Urban Heritage Park on Liverpool Road at 12.30pm and walking together to Cathedral Gardens. This walk is an opportunity to come together with family and friends, colleagues and strangers to share our passion for equality and creating opportunities for Manchester women.

We encourage you to bring along fun, safe and noisy instruments to bang and clang, or make the most of your voice and join us with our chants. Whether you're a lone ranger or part of a group, we'd love to see you walking with us.



# Gaddum ... Carers

## Celebrating Carers on International Women's Day

**Barbara Keeley, MP for Worsley and Eccles South, shares her thoughts:**

On this International Women's Day I want to pay tribute to the tremendous work, commitment and support that female carers in Salford, and across the country, provide to people every day and night. I want you to know that you are visible and that you are valued.

Millions of people rely on the dedication of their family carer to live a good quality of life. Women are the majority of carers and what they do is vital. While International Women's Day can bring into focus the remarkable accomplishments of women it also serves as a reminder of the disparity between men and women that still exists.

Overall, women are more likely to take on caring roles than men and of the 6.5 million unpaid carers in the UK, 58% are women. Women are also more likely to be 'sandwich' carers - caring for young children and elderly parents at the same time.

Caring falls particularly on women in their 40s, 50s and 60s. 1 in 4 women aged 50-64 has caring responsibilities for older or disabled family members. Women are more likely to have given up work or reduced working hours to care, particularly when they are in their 40s-60s. Women aged 45-54 are more than twice as likely than men to have given up work to care and over four times more likely to have reduced their working hours due to caring responsibilities (source: Carers UK).

On International Women's Day I recognise that there is much more that our country needs to do to ensure that carers and the people that you care for get the support you need.

Government plays a vital part in this as they have the power to bring forward legislation to enable the changes which I know need to happen. I know that we need to improve the identification of carers and the Carer's Register; increase Carer's Allowance (especially during this cost of living crisis causing significant financial hardship for many households); ensure that carers are able to remain in work while they are caring and support carers to look after their own health and wellbeing, providing targeted funding for carers breaks and supporting their health and mental health.

I have worked on carers issues and with carers since I was elected in 2005 and I can assure you that through my work in Parliament I will continue to call for these improvements, along with strengthened basic support, rights and recognition for all carers. I send you all my best wishes on this International Women's Day.

# Gaddum ... Carers

## Health and Wellbeing

### Trans Day of Visibility and LGBTQ+ Carers Group

Trans Day of Visibility takes place on 31 March each year to celebrate trans and non-binary people and raise awareness of discrimination faced by trans people worldwide. There are a number of ways that you can get involved, whether you are trans, non-binary, questioning, gender non-conforming, or an ally! Check out [LGBT Foundation](#) for more info.

We also have a friendly [LGBTQ+ Carers Group](#). You can meet others and chat, either online or in person. So if you identify as LGBTQ+ and are a carer or former carer, living in Salford or Manchester, why not check us out!

We are planning social activities and informative meets on a range of topics. And we're inviting people to get involved with the ongoing plans for the group. The group meets the last Tuesday of every month 6-7pm, so will be on Tuesday 29 March 2022. Contact [keisha.tomlinson@gaddum.org.uk](mailto:keisha.tomlinson@gaddum.org.uk) to sign up!

### Self Harm Awareness Day

Self Harm Awareness Day takes place every year on the 1 March to help challenge the stigma of self harm. At [Samaritans](#), the focus for Self Harm Awareness Day 2022 is supporting people online who might be at risk of suicide and self-harm. If you're worried about someone because of the way they're acting or the things that they're posting online, you can:

- Offer them support if you feel comfortable
- Tell someone you trust
- Report it on the platform they're using so the platform can offer support

You can read more in our [online safety resources](#). It is also important that you are kind to yourself. If you are struggling and feel that you have no one to turn to, remember that we are here to listen to you without judgment. You can call us on our freephone number: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

We have also created a [free self-help app](#) to track your mood and find practical tips & techniques to look after your mental health.

# Gaddum ... Carers

## Your Caring Role

### Andy's Man Club

In mid-2016, nine men met in a small room in the archetypal Yorkshire town of Halifax with a simple aim of talking through their issues and helping each other deal with their mental health. All in attendance agreed, there was a magic in that room that had to be shared. This was the start of a movement that has grown faster than anyone first involved could have ever imagined. Fast forward 5 and a half years and Andy's Man Club now has groups at over 80 locations across three constituent countries of the United Kingdom.

Andy's Man Club takes its name from Andrew Roberts, a man who sadly took his own life aged 23 in early 2016. Andy's family had no inkling that he was suffering or struggling to the extent that he would do this, and as a result looked deeper into male suicide and men's mental health. They soon discovered that male suicide is the biggest killer of men under 50, with Male Mental Health surrounded by well-ingrained cultural stigma in the UK.

Elaine Roberts and Luke Ambler are Andy's Mum and Brother-in-Law, together they came up with the idea of Andy's Man Club, a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment. Groups now operate nationwide and are completely volunteer-led, with the vast majority of group facilitators having first interacted with Andy's Man Club when they came through the door as a service user.

With their service used on a weekly basis by over 1,800 men, and an army of over 400 volunteers on board, the movement is continuing to grow on a week by week basis. Click [here](#) to find out more.



# Gaddum ... Carers

## Managing at Home

### Male Carers Group

Continues on Tuesday 8 March, 11am - 12pm

Come and join us on the 2nd Tuesday of every month for a group specifically for male carers hosted by Stephen. 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](mailto:salford.carers@gaddum.org.uk) or call 0161 834 6069.

To join the group [click here](#).

### Carers Coffee Mornings

Our virtual coffee mornings take place as usual on the first Tuesday of each month at 11am. One of our carers who attended a recent coffee morning had this to say: "I'm looking forward to the next carers coffee morning. It can be helpful to talk to other people who have gone through the same thing as you... or just have a chat!"

Feel free to pop in for 10 minutes or for the whole hour. You can have your camera on or off - whatever works for you! Contact us to book your place; email [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) or call 0161 834 6069. To join the group [click here](#).

### Managing Stress Course for Carers

Stress is a normal part of life but when you're caring for someone you may feel that you are on your own or that things might be more difficult to cope with. Our course on managing carer stress is a safe and supportive space for you to receive advice, gain information and share your experiences with others that understand your situation.

Our virtual course starts on Wednesday 13 April, 10.30am – 12pm

Come and join us for 4 sessions (running weekly) which will help you to:

- Tackle stress and feel more resilient
- Prevent carer burnout and focus on your wellbeing
- Manage your routine and look at what support you may be able to access

Contact us at [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) to join.

# Gaddum ... Carers

## Carers Wellbeing Course

Wednesday 11 May 10.30am – 12pm for 4 weeks

We know that caring can be difficult, caring for yourself is just as important (even more so during a pandemic!) These sessions are focussed on you, how you are feeling and will give you advice, support and guidance on how to manage during challenging times.

For more information or to book your place in the group please contact us at [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk).

## Carers Walk

Stepping Out with The Ramblers, Gaddum Carers Salford, Bury Carers, Manchester Carers Forum, & Wigan & Leigh Carers Centre.

Join us for a refreshing walk where you can meet other carers outdoors in a safe and socially distanced way. A member of our team will be there to listen or offer advice if you need to talk.

Venue: Alexandra Park - 180 Russell St, Manchester M16 7JL on Wednesday 9 March at 11am.

A light lunch of a sandwich and tea/coffee is included and support for transport costs is available. There will be an option of 2 routes, a short walk or a longer walk.

Please note Covid safety precautions will apply. Places are limited and booking is essential in order to secure your place.

For more information please contact us at [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk).



# 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](mailto: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](http://www.salford.gov.uk/spiritofsalford)



**Do you have some news to share?**

**Get in touch**

0161 834 6069 | [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) | [gaddum.org.uk](http://gaddum.org.uk)