

Summer Edition 2019

Newsletter

Cheshire East

carers'
HUB




ONE
IN EIGHT
people in the UK
are Carers

Welcome to the

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th Cheshire East Carers' Hub Newsletter

Cheshire East Carers' Hub provides a single point of access for both young and adult Carers who provide care to a friend, family member or neighbour living in Cheshire East.

The Hub ensures that Carers of all ages have access to information, advice and a wide range of support services across the county and nationally.

www.cheshireeastcarershub.co.uk
Tel: 0300 303 0208

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Registered Charity No. 1128809 and as a company limited
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Cheshire
East 

Cheshire
East 

NHS


Cheshire East
Council

Our friendly, knowledgeable team at Cheshire East Carers Hub have extensive experience working in the voluntary sector in Cheshire East and particularly working with Carers.



Dawn Brown Carers Services Lead Dawn is the point of contact for our local partner organisations and leads on developing our service including activities, training workshops and events. She liaises with both statutory and voluntary organisations, delivering service presentations to develop successful referral pathways.

Joanne Priest Senior Carers Support Worker Jo looks after the operational day to day functions of Cheshire East Carers Hub and ensures that Carers receive the support they need from a dedicated Carers Support Worker. Jo also leads on the recruitment volunteers and the development of this area of our service.



Our Carers Support Workers work primarily in the local community providing information, advice and guidance for Carers on an individual basis at a location convenient for you. They also work in a group setting at our monthly Coffee and Chats and attend community events, holding regular information drop in sessions whilst ensuring that Cheshire East Carers' Hub information is up to date and available in all the GP Practices in Cheshire East.



Katrina Chalmers Carers Support Worker



Jane Openshaw Carers Support Worker

Our Dementia Support Workers also work in the community providing Carers, who care for a person with dementia, with personalised information, advice and guidance including supporting them to understand the disease, access services, receive peer support and helping them to identify coping strategies to support them in their role as a Carer.

Jeanette works mainly in the South of Cheshire East and Sue works mainly in the North area.



Jamie Forster Carers Support Worker



Bridget Robson Carers Support Worker



Helen Hassall Carers Support Worker



Maggie Stordy Carers Support Worker



Vivienne Moore Carers Support Worker



Jayne Shaw Project Support Worker



Jeanette Booth Dementia Support Worker



Sue Kisloff Dementia Support Worker

Support includes-

Carers Line

A team of knowledgeable and skilled Service Access Advisors are available Monday-Friday 8.00am-6.00pm to help with your enquiries, to transfer your call to, or to take a message for, a Carers Support Worker. To talk to a Service Access Advisor please call **0300 303 0208**.

Support from a dedicated Carers Support Worker

Discuss with a dedicated Carers Support Worker about how being a Carer affects you and highlight any support you may need. A Carers Support Worker can provide you with information and support to access a break and can facilitate access to community health and wellbeing services, activities and much more. We have specialist Carers Support Workers in fields such as dementia.

Carers Help and Talk (CHAT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence – call the Carers Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the

common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a Volunteer please call **0330 022 5448**. In the event that a volunteer is not immediately available to answer your call, please do try again.

Help us to improve your services!

If you'd like to be involved in a small working group to help us shape the services we offer for Carers, please get in touch by calling the Service Access Team on **0300 303 0208** or email enquiries@cheshireeastcarershub.co.uk. We will meet for around two hours on a bi monthly basis to discuss the service and how Cheshire East Carers' Hub can develop and improve our offer for Carers.

Volunteer with us

Cheshire East Carers' Hub has volunteer roles designed to support Carers to give back to their community. The Carers Help and Talk (CHAT) Line is our telephone helpline service set up to offer emotional support to Carers, 24 hours a day. It is manned entirely by Volunteers who work from the comfort of their home.

Volunteers also support our services in many other ways. If you are interested to hear more, we'd love to hear from you! Please call **0300 303 0208** or email volunteering@cheshireeastcarershub.co.uk



Cheshire East Carers' Hub and Cheshire East Young Carers' Hub Facebook Groups

Please have a look at our Facebook groups for both Adult and Young Carers. They are closed groups for Carers in Cheshire East. We will keep you updated with activities and events across the county and will also ensure that any changes or news is posted here. To join, just search "**Cheshire East Carers Hub**" or "**Cheshire East Young Carers Hub**"

How to get in touch

Address:
FREEPOST CHESHIRE EAST CARERS HUB

Email: enquiries@cheshireeastcarershub.co.uk

Website:
www.cheshireeastcarershub.co.uk

Telephone:
0300 303 0208

Opening times:
Monday-Friday 8:00am-6:00pm

Note

If you would like to read any part of this newsletter in large print please call:

0300 303 0208
to make your request.



The
VolunteerHub

coffee & chats

Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee.

If you have never been to a Coffee and Chat before don't worry! Everyone has been a 'first timer'. A friendly Carers Support Worker will be there to greet you and offer a warm introduction. There is no need to book, please just come along and look out for a group of friendly Carers.

Alsager

Alsager Library (upstairs room), Sandbach Road North, Alsager. ST7 2QH

Third Tuesday of the month from 1.00pm until 3.00pm



18th June, 16th July, 20th August, 17th September

Crewe

Wishing Well, Jubilee House, St. Pauls Street, Crewe. CW1 2QA

Second Thursday of the month from 1.00pm until 3.00pm



13th June, 11th July, 8th August, 12th September

Congleton

New Life Church, West Road, Congleton. CW12 4EY

Fourth Wednesday of the month from 10.30am until 12.30pm



26th June, 24th July, 28th, 25th September

(please note there will be an alternative venue for the August meeting due to venue being unavailable during school holidays)

Holmes Chapel

St. Lukes Church Hall, London Road, Holmes Chapel. CW11 1DP

Fourth Friday of the month from 10.30am until 12.30pm



28th June, 26th July, 23rd August, 27th September

Knutsford

Welcome Cafe, 146-147 Longridge, Knutsford. WA16 8PD

Third Friday of the month from 10.30am until 12.30pm



21st June, 19th July, 16th August, 20th September

Macclesfield

United Reformed Church Hall (entrance located on Townley Street), Park Green Macclesfield. SK11 7NA.

Third Thursday of the month from 10.30am until 12.30pm



20th June, 18th July, 15th August, 26th September

Middlewich

Willowmere, East Road, Middlewich. CW10 9PY

Third Thursday of the month from 10.30am until 12.30pm



20th June, 18th July, 15th August, 26th September

Nantwich

Market Street Church, Market Street, Nantwich. CW5 5DG

Fourth Wednesday of the month from 10.30am until 12.30pm



26th June, 24th July, 28th August, 25th September

Poynton

Civic Hall, Park Lane, Poynton. SK12 1RB

Fourth Tuesday of the month from 1.00pm until 3.00pm



25th June, 23rd July, 27th August, 24th September

Sandbach

The Wesley Centre, Wesley Avenue, Sandbach. CW11 1DP

Second Wednesday of the month from 10.30am until 12.30pm



12th June, 10th July, 14th August, 11th September

Wilmslow

United Reformed Church Hall, Chapel Lane, Wilmslow. SK9 1PR

Second Friday of the month from 1.00pm until 3.00pm



14th June, 12th July, 9th August, 13th September

If you would like further information about our coffee and chat groups, please call us on **0300 303 0208**

Dementia Cafés

Dementia Café's are informal groups where Carers are able to meet and talk to other Carers affected by dementia in a social environment.

Dementia cafes provide information about dementia, local services and practical tips about living well with dementia.

All welcome, including the person with dementia.

Congleton Café

Topiary Coffee Shop, Astbury Mere Garden Centre, Congleton. CW12 4RL

Second Tuesday of the month from 10.00 am until 12.00 noon



11th June, 9th July, 13th August, 10th September

Macclesfield Café

Springwood Park, Tytherington Business Park, Macclesfield. SK10 2XA

Fourth Thursday of the month from 10.00 am until 12.00 noon



27th June, 25th July, 22nd August, 26th September

Minshulls Café

Minshulls, Eardswick Lane, Crewe. CW1 4RG

Third Tuesday of the month from 10.00 am until 12.00 noon



18th June, 16th July

Sandbach Café

Old Hall Hotel, High Street, Sandbach. CW11 1AL

First Thursday of the month from 10.00 am until 12.00 noon



6th June, 4th July, 1st August, 5th September

Evening Carers Peer Support Group For Carers' of People Affected by Dementia

Conservatory, Beechmere, Rolls Avenue, Crewe. CW1 3FT

Second Wednesday of the month from 7.00 pm until 9.00 pm



12th June, 10th July, 11th September (no meeting in August)

This group has been established for over 25 years and is for Carers of people living with dementia.

For further information regarding any of the Dementia Cafes please telephone **0300 369 0570** or email cheshire@alzheimers.org.uk

Legal Information Workshops

Wills and LPAs for Carers

Local Solicitors, Poole Alcock, are offering free, informal legal workshops specifically tailored for Carers in Cheshire East. Topics to be covered will include:

- *The importance of making a Will;*
- *How to protect the person you care for in your Will using a Trust; and*
- *Lasting Powers of Attorney for you and the person you care for.*

A specialist solicitor will be delivering the workshops and will be available to help with any questions you may have. The aim of these workshops is to provide Carers with the knowledge they need to make important decisions about their future in a relaxed and informal setting. The session will include light refreshments and an opportunity to speak to the solicitor one to one.

Congleton

New Life Church, West Road,
Congleton. CW12 4EY
10.00am until 1.00pm
Tuesday 18th June 2019

Wilmslow

United Reformed Church Hall, Chapel Lane,
Wilmslow. SK9 1PR
1.00pm until 4.00pm
(this is during normal group time)
Friday 12th July

Alsager

Alsager Library (upstairs room),
Sandbach Road North, Alsager ST7 2QH
1.00pm until 4.00pm
Friday 30th August

Crewe

Wishing Well, Jubilee House, St. Pauls Street,
Crewe. CW1 2QA
1.00pm until 4.00pm
Tuesday 24th September

Sandbach

The Wesley Centre,
Wesley Avenue, Sandbach. CW11 1DP
10.00am until 1.00pm
Friday 18th October

When to update your Will

We asked Poole Alcock Solicitors when, ideally, we should be looking to update our wills and whether solicitors need to know every change in our lives or circumstances. In the article below they have looked at these questions for us and how to address them.

Putting a Will in place is a great idea. It helps protect the ones you love when you pass away. It gives you peace of mind that those you care most about will be looked after in the most appropriate way.

It's tempting to think that if you have a Will already, you don't need to do anything else. However, it's a good idea to review your Will occasionally to ensure that it still fits your circumstances. Certain life events are good indicators that it's time to review your Will.

Marriage

In most circumstances, marriage will revoke your Will. So it's an incredibly important time to look at your Will. Particularly if there are children in the family from previous relationships. Starting a life with someone is a wonderful thing, and reviewing your Wills is an important part of that.



If the marriage is between a family member and their partner, such as a child or a parent, it's still a good opportunity to review your Will. If their circumstances have changed, it's possible that yours have too.

Divorce

Separating from a partner is an incredibly hard thing to go through. Whilst going through the legal process of divorce can seem like the sole priority, the process can take some months to complete – amending your Will in the meantime means total peace of mind.

Death

When you're grieving, your own Will is often the last thing you'll be thinking about. When things start to settle down and you try to get back to normality, it is a good idea to also think about updating your Will. Perhaps that person was an executor – who will take on this role now? If they were a main beneficiary, who inherits in their absence?

Birth

Bringing new life into the world is an incredible thing. Whether it's a new child, or a grandchild, a niece or a nephew, expanding families make us think of the future. Perhaps you didn't have children when you made your Will – this would be the time to add them in! If you did have children, and now you have grandchildren, did you want to leave them any family heirlooms? A small gift to go towards university fees or a house deposit when they grow up?

It's also a good time to think about guardians – who would take care of your little ones if you weren't around? Friends or family members who live nearby, perhaps they have children of their own that are a similar age?

What to do

If you think your Will needs an update, or completely re-writing, arrange an appointment with a solicitor to discuss your requirements. Don't leave it to chance – take expert advice.

For more information about Poole Alcock Solicitors services please call **01270 444329**. Quote 'Cheshire East Carers Hub' to receive 15% off.



Register for our FREE digital resources and get the help you need today.

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.



Cheshire East Carers Hub has teamed up with **Carers UK** to offer carers in our area a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage.

To create an account and get free access to all the products and support resources click on the link **carersdigital.org** and create a new account by using your free access code; DGTL29466

What's included?

- **About Me:** building resilience for carers: an e-learning resource that helps carers identify and build networks of support and promotes their self-care.
- **Jointly:** Carers UK's care co-ordination app for people sharing care (web, iOS, Android).
- **The role of good nutrition when caring for someone:** an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.
- **Looking after someone:** Carers Rights Guide: which helps carers understand their rights as a carer and where to go for financial or practical help.
- **Being Heard:** a self-advocacy guide for carers: which helps carers develop the skills to self-advocate.
- **Technology and care:** information and resources on how to access products and services that can help with care and caring.
- Our local information and support resources for carers

GETTING CARERSCONNECTED

Carers Week June 10th to June 16th

Carers UK: This Carers Week, we're coming together to help Carers get connected. There are 6.5 million people in the UK who are Carers. They will be looking after a family member or friend who has a disability, illness, mental health condition or who needs extra help as they grow older.

Everyone has a part to play in connecting Carers and helping them to get the support they need to care without putting off their own health needs or losing important relationships with others.

This could include an employer creating Carer-friendly policies by listening to the experiences of their workforce, a GP practice offering an annual health check or alternative appointment times for Carers struggling to attend due to their caring responsibilities or a leisure facility offering special deals for Carers.

As well as our events and workshops across the borough during Carers Week, Cheshire East Carers' Hub staff will be out and about in the community. Please drop in and see us for information, advice and guidance or just to say hello:

Middlewich

Salinae Day Centre, Lewin Street, Middlewich
Tuesday 11th June from 2.30pm until 4.00pm

Knutsford

Annandale Medical Centre, Mobberley Road,
Knutsford
Wednesday 12th June from 10.00am until 12.30pm

Macclesfield

Watersgreen Medical Centre (Atrium),
Sunderland Street, Macclesfield
Thursday 13th June from 9.00am until 12.00 noon

Crewe

Eaglebridge Medical Centre,
Dunwoody Way, Crewe
Thursday 13th June from 9.00am until 12.00 noon

Wilmslow

Sainsburys, Alderley Road, Wilmslow
Friday 14th June from 9.00am until 12.00 noon

Crewe

Cheshire College South and West Family Fun Day,
Dane Bank Avenue, Crewe
Saturday 15th June 11.00am until 3.00pm (A day off fun for all the family, free entry, all welcome)

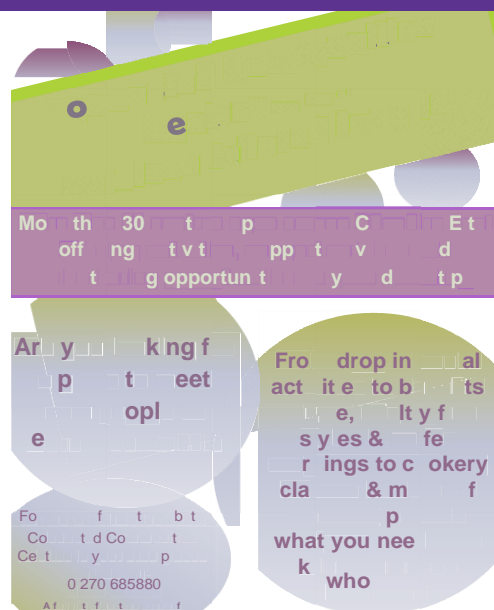
Carers Day Crewe

Cheshire East Carers' Hub are delighted to be holding a day of entertainment, relaxation and information in partnership with Crewe and Nantwich Senior Forum.

The event will open at 10.00am, enjoy listening to the music and singing from our very special guests, take a look around all the information stands and chat with staff from many organisations offering support and services for Carers in Cheshire East. You can have a mini massage treatment courtesy of Cheshire College South & West, enjoy arts and crafts and have your blood pressure and lung function (spirometry test) checked. You can also enjoy a relaxation session.

There will be light refreshments on offer for everyone, tea coffee, fruit and cake and a raffle to support Crewe and Nantwich Senior Forum. We hope that this will be both an informative and enjoyable day and are already looking forward to it.

Following the theme of Carers Week 2019, "Getting Carers Connected In Their Communities" please see the article below from Cheshire East Connected Communities



Connected Communities Centres

Audlem

Audlem Community Hall
12 Cheshire Street, Audlem,
CW3 0AH

Congleton

Bromley Farm
Wellbeing Hub
17 Parnell Square,
Bromley Farm, Congleton,
CW12 3EQ

Ruby's Fund

Meridian House, Roe Street,
Congleton, CW12 1PG

The Old Saw Mill

Back River St, Congleton
CW12 1HJ

Crewe

Beechmere
Extracare Village
Rolls Avenue, Crewe,
CW1 3FT

Belong

Brookhouse Drive, Crewe,
CW2 6NA

Chance Changing Lives

11- 13 Coronation
Crecent, Crewe, CW1 4EJ

St Andrews Parish Hall

Bedford Street, Crewe,
CW2 6LE

St Barnabas (Barnies)

West Street, Crewe,
CW1 3HX

Wishing Well

(Jubilee House)
Jubilee House,
St Paul's Street, Crewe,
CW1 2QA

Wishing Well

(The Georges)
The Georges Community
Centre, West Street, Crewe,
CW1 2QA

Dane Valley

Everybody Leisure
Community Centre
Holmes Chapel Community
Centre, Station Road,
Holmes Chapel, CW4 8AA

Goostrey Village Hall

Main Road, Goostrey,
CW4 8PE

Holmes Chapel Library

London Road, Holmes
Chapel, CW47AP

Knutsford

The Welcome Café
146-147 Longridge,
Knutsford WA16 8PD

Middlewich

Middlewich
Methodist Church
Booth Lane, Middlewich
CW10 0EF

Middlewich Town Hall

The Town Hall,
Victoria Buildings,
Lewin Street, Middlewich,
CW10 9AS

Macclesfield

Church of the
Resurrection (CORE)
Churchway, Upton Priory,
Macclesfield,
SK10 3HT

Green In The Corner
7/8/9 Hurdfield Green,
Hurdfield, Macclesfield,
SK10 2RJ

St Barnabas Church

70, Lyme Avenue,
Macclesfield, SK11 7RS

St Johns Church

Wilwick Lane, Macclesfield
SK11 8RS

The Bridgend Centre

104 Palmerston Street,
Bollington, SK10 5PW

United Reformed

Church Macclesfield
Park Green, Macclesfield,
SK11 7NA

Nantwich

Stapley Community Hall
Pear Tree Field,
Stapeley, Nantwich,
CW5 7GZ

Poynton

Poynton Civic Hall
Park Lane, Poynton,
SK12 1RB

Wilmslow

Oakmere Extracare
Housing, Spath Lane,
Handforth, Wilmslow,
SK9 3QN

United Reformed

Church Wilmslow
Chapel Lane, Wilmslow
SK9 1PR



Handmade for Dementia

These gorgeous canular sleeves are lovingly handmade in Cheshire East by volunteers for those living with dementia who are in hospital. Cheshire East Carers' Hub are delighted to be able to help spread awareness amongst Carers who care for someone living with dementia of these sleeves and be able to put you in touch if you could use one.

Please call our Service Access Team on
0300 303 0208 for details.

Seeds of Kindness Invitation

Do you care for someone with Dementia ~~Ge~~lzheimer's?

If so you are invited to join us for Tea and Cakes along with ...Music, Information & Friendly chat

On ~~Saturday~~ 1st June 2019

2pm to 4pm

Ty ~~cher~~ington Family Worship Church
Sandwich Drive, Macclesfield. SK10 2UZ

We shall be planting a Tree of Remembrance & Everyone will receive a gift of Forget Me Not seeds to help spread the 'Seeds of Kindness'

W www.wilmslow.k1901internet.com

FEATURED ORGANISATIONS

There are many organisations who support Carers and the people they care for across Cheshire East, here are details of our featured organisations for this edition:

Looking after ourselves our way

The Crewe and Nantwich Senior Forum



We meet every week on a Friday morning from 10.00am until 12.30pm at Union Street Baptist Church in Crewe and our recipe for looking after ourselves has many ingredients that help us remain independent, enable us to support each other, and help us connect to community life, it's no big secret really it simply is about taking a positive attitude and making the most of our talents and gifts and what we can still achieve irrespective of our age and health issues.

Our focus is about enjoying life, socialising, regularly making and baking, painting and crafting, quizzing, eating out, and day trips. We believe in keeping as active as we can. Although members enjoy all these lovely activities, we do also have a serious focus that supports some national health campaigns and, as an older persons' group ran by older people, we are still very active across the community supporting cancer, stroke, dementia, mental health and other campaigns. During June we are involved in a community art project and busy knitting to decorate Queens Park for their big Pride event and very proud to say we are also involved in Carers Week activities too...

If you are a Carer and find it hard to get out there are still ways you can become involved if you knit, bake, make cards or crafts why not do it for a good cause and help others, we would love to hear from you. Crewe and Nantwich Senior Forum are a constituted group established in 2002 and have just secured some funding from Tesco to help us organise some special lunches so you might want to join us for one or two of those, dates to be confirmed... so if you like the sound of how we are looking after ourselves our way contact Adrian on **01270 509559** or email **adrianlindop@gmail.com** to find out more you would be really welcome.

Audlem Carers Support Group



This friendly and welcoming group run by ADCA (Audlem & District Community Action) is open to anyone in the Audlem area who provides care support to family members, friends or neighbours.

Carers can drop in from 9.30am to 11.30am on the 2nd and 4th Wednesday every month in the cosy setting of The Lord Combermere pub in the centre of Audlem. This regular opportunity to get together for coffee, chat, and mutual support in a friendly and confidential environment is rated a true life (and sanity!) saver by the members.

Members whose caring role ends are always welcome to continue coming to the group for support for as long as they wish. The Group Coordinator makes sure that members receive appropriate and timely information on matters relevant to their caring role, including support services, benefits, advice, health care and opportunities for restorative breaks and activities. Occasional speakers are invited to talk on topics of direct interest to carers – for example: respite care, carers benefits, carers services, power of attorney, will writing, advance decisions, and so on. Carers can also suggest topics they would like to see covered. This gives carers a chance to hear directly from professionals and to ask questions relevant to their specific circumstances. Carer breaks and events are planned throughout the year, ranging from enjoyable leisure outings through seasonal get-togethers to relaxing overnight spa breaks.

A new initiative is the Friday Fun Games, which take place at 1.00pm on the 1st and 3rd Friday every month in Audlem Public Hall Annexe. Carers can enjoy a wide range of games with other people of all ages and can also bring along the person they care for if they wish. The Overwater Wheely bus (which can take wheelchair users) can assist with transport.

For more information contact **Lynn Morear**, ADCA Carers Group Coordinator, on 07376 070586, or email **lynnmorear@yahoo.co.uk**

EoL Partnership



EoLP Carers Wellbeing Programme aims to improve Carers' health & wellbeing through a series of **FREE** practical workshops, helping you to have a break and meet other carers. There are five sessions to help you gain the knowledge, skills and confidence to care for as long as you are able and receive support in a timely manner.

Wrenbury Medical Centre:

Thursdays 20th June to 18th July from 10.00am until 1.00pm

Audlem Village Annexe:

Wednesdays 19th June to 17th July from 1.15pm until 4.00pm

To book a place, please call Frances Underhill **01270 758120** or email **frances.underhill@eolp.org.uk**

Cheshire and Warrington Carers Trust



If you care for a child, young person, adult or older person Cheshire and Warrington Carers Trust have a wide range of services to support you including regular breaks and activities to provide you with a break from your caring role. Thanks to funding from Cheshire East Council and Cheshire East Carers Hub, Cheshire and Warrington Carers Trust are offering lots of free opportunities across Cheshire East for you to meet with other carers and enjoy some time for yourself. Recent events have included spa days, afternoon teas, craft sessions and training workshops.

To register and receive news, information and invitations to events please email **sharon@cheshireandwarringtoncarers.org**, visit our website **www.cheshireandwarringtoncarers.org** or call **01270 257331**.

Macclesfield Cancer Help Centre



We aim to provide friendship, help, information and support, and a range of complementary

therapies for our visitors. We would like to be inclusive of those who may be living with cancer or who are in remission, whatever your beliefs. We welcome family, friends and carers who are supporting you, as we recognise that they too may need support.

You will be welcomed by our team of volunteers, offered refreshment and have the opportunity to either just have a chat or discuss the complementary therapy that best suits your needs; all in surroundings away from a hospital setting.

Do come and find out more on any Tuesday morning from 10.00am to 12.30pm.

Prestbury Methodist Church, (Next to the Village Hall), Macclesfield Road Prestbury SK10 4UD or call 07981 899526.

(Please leave your name and contact details if we aren't available and we shall return your call)

Carers Awareness Briefings

Does your work team come into contact with unpaid Carers? If so, Cheshire East Carers' Hub offers Carer Awareness Briefings. This session can be delivered at your workplace and varies between 20 minutes to a full hour. The session will:

- Help you to identify Carers
- Help you understand the needs of Carers
- Understand how important a Carers health and wellbeing is
- Increase your knowledge of what support is available for Carers from Cheshire East Carers Hub and other organisations who support Carers
- Inform how you can refer Carers to Cheshire East Carers' Hub

For more information, or to book a briefing session please call 0300 303 0208 or email **dbrown@cheshireeastcarershub.co.uk**

EVENTS AND ACTIVITIES

We are offering a selection of special events and breaks throughout the coming months. Please note that you **must** be registered with Cheshire East Carers' Hub prior to requesting a place.

Important Information

Places are limited and are allocated on a first come first served basis. **Booking is essential**, please complete the booking form and return it to us as soon as possible. There are no charges to Carers for our events unless specified otherwise, but all places need to be booked and confirmed by our Service Access Team.

If your circumstances change and you are no longer able to attend, please let us know as our activities will have waiting lists and others will be able to go in your place. Please help us to avoid the costs of non attendance.



Afternoon Tea at Rode Hall

Join us on a fascinating journey into the history of Rode Hall, one of Cheshire's most exquisite country houses. Discover more about its rich heritage and how the Baker Wilbraham family, who have owned it for approaching three hundred and fifty years, have contended with the challenges of social change and architectural trends through to its ongoing conservation and restoration today.

Enjoy a whistle-stop tour of the highs and lows of the house and how one family have ensured its safe upkeep and place in the community over the years. We will be following the tour with tea and cake in the tearooms.

Today, Rode Hall is enjoyed by families from far and wide who come to enjoy the house and splendid gardens, fantastic events including the monthly farmers' market and a welcome treat in the delightful tearooms.

Rode Hall, Scholar Green, ST7 3QP
1.15pm until 4.00pm Wednesday 12th June 2019

Flower Arranging Taster Session

Come along to try your hand at flower arranging. This is a relaxed session, held for us by Dee Floral Designs, chat to other Carers whilst learning a new skill with an arrangement to take home after the session.

For more information about Dee Floral Designs, visit www.deefloraldesigns.co.uk. We would like to thank Dee very much for facilitating these sessions..

United Reformed Church Hall (Townley Street), Park Green, Macclesfield. SK11 7NA

1.00pm until 3.00pm

Tuesday 11th June 2019

Spa Taster Day

Fancy a bit of pampering and some well deserved time to yourself?

We are offering 30 mini spa breaks between our two venues, Crewe Hall Hotel and Cranage Hall Hotel.

The day will begin at 10.00am with coffee and pastries included. Carers will have full access to the spa facilities, including the pool and gym between 10.00am and 2.00pm and will each receive a 25 minute pampering session of their choice from a selection of treatments available at each venue.

Priority will be given to Carers who have not yet accessed a spa break

Crewe Hall Wednesday 11th September 2019

Cranage Hall Wednesday 18th September 2019



Disclaimer

Please note that whilst Cheshire East Carers' Hub does our best to print accurate information; times, dates and venues may be subject to change.

Every care has been taken in the publication of this newsletter. However, Cheshire East Carers' Hub will not be liable for inconvenience caused as a result of inaccuracy or error within these pages. The information contained in this newsletter is for general information only and does not constitute advice on personal health or any other matter.

Help with fundraising opportunities/ hidden talents!!!

We need you!!!!

We are always on the look out to raise funds for our activities – if you have any suggestions, links in the community, any hidden talents that we could utilise at our group sessions, please get in touch!!! We'd love to hear from you.



Blackburn Rovers Charity Event!

Our Cheshire East Young Carers' Hub teamed up with our Blackburn Young Carers Service to attend an exciting day at Blackburn Rovers Football Club. They even got to walk out as Player Escorts!!!

Final score: Stoke: 1, Blackburn Rovers: 0.

All monies raised will go towards activities for our amazing Young Carers.



Calling all volunteers!!!



As our group sessions continue to grow, the support of some more volunteers to help at the group sessions is vital.

Could you spare a couple of hours a month?
If so, please get in touch!



Cheshire East
YOUNG CARERS' HUB

If you are a Young Carer or parent / guardian of a Young Carer in Cheshire East, please keep a look out on our facebook group page for up to date information, news and Young Carers activities.

Find us at 'Cheshire East Young Carers' Hub'. It's a closed group so just send us a friend request to be accepted!!!

Happy Birthday to the Cheshire East Young Carers' Hub

We have been going strong for one year now!!!! Our monthly groups will continue to run at the following venues:



CREWE GROUP, Wishing Well Project, Jubilee House,
St Paul's Street, Crewe. CW1 2QA

MACCLESFIELD GROUP, St John the Evangelist Church of
England Church, Wilwick Lane, Macclesfield SK11 8RS

CONGLETON GROUP, St John's Community Centre,
Buxton Old Road, Congleton, CW12 2ES

MIDDLEWICH GROUP, WYCH Centre, Civic Way, CW10 9BX;

What we've been up to:

Young Carers Awareness 'Month'

This year's campaign aimed to raise awareness about mental health issues that could be experienced by young people as a result of caring; as well as look to improve support for Young Carers' Mental Health, with the hashtags: #CareForMeToo and #MentalHealth.

We held a whole host of activities and workshops for all the groups which included a Young Carers' Quiz and a 'coping skills bingo' game we devised, looking at a variety of coping skills which our young people could utilise.

We also had a strong social media presence to inform people of the importance behind the campaign for our Young Carers: Photos were taken with staff to let the Cheshire East community know about the support we provide to our Young Carers and the referral process to the service in Cheshire East.



Young Carers
Awareness Day

31 January 2019

Do you
know a
young carer?

68% of young carers have been bullied in school because of their caring role - Carers Trust

Help us to educate young people about young carers



#MentalHealth
#CareForMeToo

Safer Internet 'Month'

We have supported this national initiative by talking to the Young Carers about how best to stay safe online. We used resources from the 'UK Safer Internet Centre' website as well as resources from the NSPCC site which really tested our knowledge of all the different apps available online.

Following the theme of 'keeping safe', we also invited Cheshire Police to talk to our Young Carers. As you can see, they particularly enjoyed the "handcuffing" demonstration.



Physical Fitness and Sports 'Month'

Our recent focus at Young Carers group sessions was around staying fit and getting into sport in order to encourage positive emotional health and wellbeing. The Young Carers took part in warm up drills, exercises and finally took part in a game with the help of Middlewich Town's Co-Manager, Ross Speight. He held a special football training session at Middlewich Leisure Centre. Ross stated, "It was a privilege to do the training session with the young people this week. I was very impressed by their enthusiasm and work rate during the session, and hopefully we can link up again in the future. I think it's a wonderful initiative in the area and Middlewich Town FC and I are very keen to help support the guys in the future."



One Young Carer from the session reported that she had loved having Ross at the session this month: "it was such a good session tonight, Ross got us moving and enabled us to get some of our frustration out and learn new skills, he said we all did really well!!" Young Carers and families were offered match tickets too for the forthcoming match.

PROMOTING THE YOUNG CARERS' HUB ACROSS CHESHIRE EAST!

In a joint venture, Louisa from the Young Carers' team, and Jamie from the Adult Carers' Hub team joined forces and were interviewed on the local radio station 'Black Cat 107'. They did a great job in promoting the services on offer at Cheshire East Carers' Hub, and how listeners could refer into the service. Now they've got the radio bug, they'll be on air again in the summer with Redshift Radio.



Cheshire
East **YOUNG**

carers'
HUB

th

Summer Edition 2019

Newsletter



Cheshire East Young Carers' Hub helps to ensure that Young Carers between the ages of 5 and 18 years old are identified and provided with support in their caring role.

Support can be provided from a dedicated Young Carers Practitioners who will:

- Listen to you and help you and your family to think about what would make a difference
- Give you information about the illness or disability of the person you care for
- Help you get advice and support for the person you care for

Supporting those that care

- Help you to get in touch with other services
- Help you take a break from your caring role
- Introduce you to other Young Carers
- Help you to access support in school or college
- Help you be listened to and have your voice heard
- Talk to you about ways in which you can take a break and have some fun by supporting you to access group work and activities

www.cheshireeastcarershub.co.uk
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