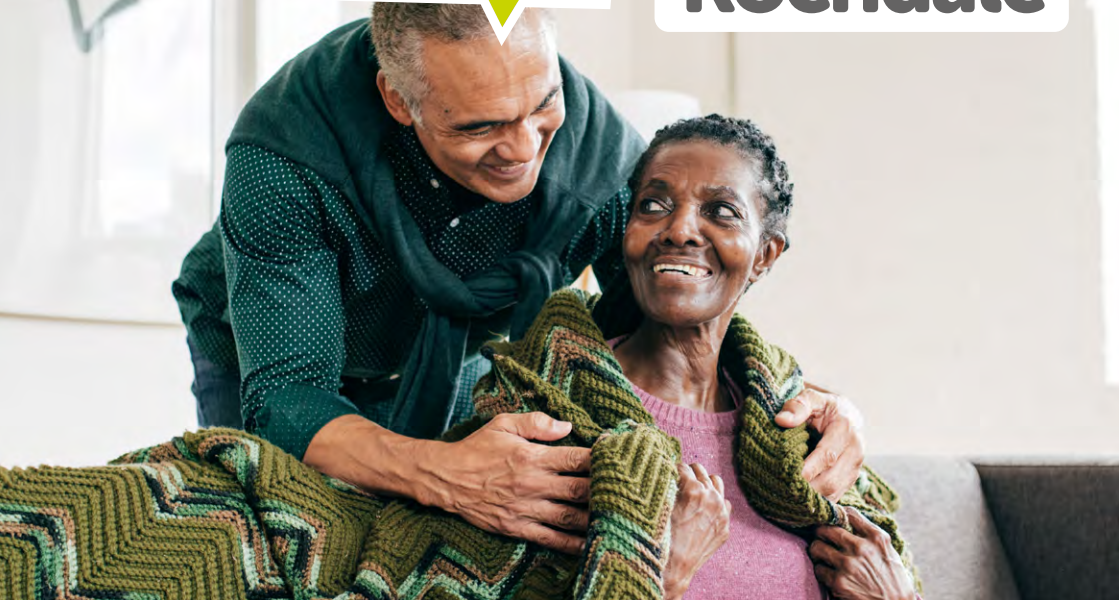


Winter/Spring Edition 2025

Newsletter

carers'
HUB

Rochdale



Welcome
to
the **23rd**

Carers' Hub
Rochdale
Newsletter



Welcome to the 23rd edition of the Carers' Hub Rochdale Newsletter

Welcome to the Autumn/Winter edition of the Carers' Hub Rochdale Newsletter. All at the Carers' Hub Rochdale would like to wish you all the very best for 2025!

To kick off 2025 we have introduced sessions to help improve health and wellbeing. We have a series of Fitness with Frank sessions, a healthy cooking session, and a focus on discovering alternative therapies such as acupuncture, sound therapy and aromatherapy. Also, please take a look at our collaborative crochet project, volunteering opportunities and our pen pal service.

We welcome and value your feedback, comments and suggestions. There are various ways that you can get in touch with us, and these details are included below.

You can also always keep up to date with our service offer and new opportunities by visiting our website (<https://www.n-compass.org.uk/our-services/carers/rochdale-carers-hub>) Please do take a moment to join our Facebook Group: Rochdale Adult Carers, this is where we post any additional sessions or updates. Alternatively, please drop in to our regular Coffee and Chat sessions to hear about any updates to the newsletter.

You may have noticed that we have introduced a slightly revised booking system for our events. You can read more about this on page 8.

We have had a few changes to the staff team recently, we would like to wish Rebecca Greatrex (Interim Service Manager) all the very best as Rebecca takes up the role of Service Manager for the Lancashire Carers' Team. We are also saddened to say goodbye to Aimee Clarke, Service Manager. also Good bye to Kirsty Wild and Rabina Kauser. All will be missed by staff and carers. We wish them all the best for the future.

We are delighted to announce that Deana Riley will join us as the new Service Manager.

We also extend a warm welcome to Sarah Roberts in the role of Carers Information and Support Officer. Sarah and Deana look forward to meeting you at Coffee and Chats and events soon!

Wishing you well,

Carers' Hub Rochdale Team

Contact Us Today



SCAN ME

How to get in touch

🕒 Opening Times:
Monday to Friday 9.00am to 5.00pm

☎ Telephone: 03450 138 208

✉ General Email:
enquiries@rochdalecarers.co.uk

🌐 Website: www.n-compass.org.uk/our-services/carers/rochdale-carers-hub

📍 Address: FREEPOST The Carers' Hub Rochdale

📘 Rochdale Adult Carers

What our Service Offers

Carers' Hub Rochdale

The Carers' Hub Rochdale provides a single point of access for both young and adult carers who provide care to a family member, friend or neighbour living in Rochdale. The Hub ensures that carers of all ages have access to information, advice and a wide range of support services across the borough and nationally.

These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on a carer's own health and wellbeing.



Who is a Carer?

A carer is someone who provides unpaid care, for a few hours a day or round the clock, to a family member, friend or neighbour who could not manage without their support. The care they give may be due to age, illness, disability, mental health problems, or substance misuse.

Caring for someone covers lots of different things, like helping with their washing, dressing, or eating, taking them to regular appointments, or offering emotional support. Caring for someone who relies on you can impact on your health, finances and quality of life and may become more stressful over time.

Do you relate to any of the below? If so, we may be able to help you:

- Do you get enough sleep?
- Is your health and wellbeing affected?
- Is your education affected?
- Are you thinking about giving up work to care?
- Do you get any time to yourself?
- Do you feel lonely or isolated?
- Do you worry about what would happen to the person you care for if something should happen to you?

What support is available for adult carers?

Support can be provided from a dedicated Carers Information and Support Officer and can include:

- Specialist 1-2-1 and group support
- Support to take breaks from caring, including befriending and peer support
- Newsletters detailing local groups, activities and training
- Online Carers Community Network
- Support to access community and Health and Wellbeing services



Carers Community Network Platform*

This is a virtual community where you can meet other carers, share ideas and experiences, we currently have over 2,100 active members who are looking forward to connecting with you! It only takes a minute to sign up.



***Please be aware, that to access the Carers Community Network Platform, you will need to be invited. Please contact the Service Access Team on 03450 138 208 who will be happy to support you with this. You will just need to provide them with your name and email address.**

Facebook

Please look at "like" and "follow" our Facebook page by logging into Facebook and searching for Carers' Hub Rochdale by following the link: <https://www.facebook.com/carershbrochdale1> To get up to date information on our activities, events and other useful information, please join our private group for carers <https://www.facebook.com/groups/2516078581760510>



Do you prefer the written word to emails, texts and video calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month using good old-fashioned pen, paper and The Post Office! If you are a carer and would like to take advantage of this free service, please contact Ian on **07710 171832** or email volunteering@n-compass.org.uk



Carers' Hub Rochdale has several volunteer roles designed to support carers to give back to their community. If you are interested to hear more, we would love to hear from you!

Please call **0345 0138 208** or email volunteering@n-compass.org.uk

HELP NEEDED

We desperately need help with the distribution of our newsletter, which comes out three times a year. If you could spare at least one hour to help take the Carers' Hub Rochdale newsletter to local doctors' surgeries and community venues, near to where you live, then we would love to hear from you!

If you would like to find out more about volunteering, please email: events@rochdalecarers.co.uk or call: **03450 138 208** or please book to attend our Volunteering Information Session on Thursday 16th January 10.30am-12.00pm at Empire House, College Road, Rochdale, OL12 6AE.

What we've been up to!

From September to December 2024, all at Carers' Hub Rochdale have enjoyed meeting and supporting carers from across the borough at our varied programme of events. **New carers are always welcome.** Please take a look at the photos to see what we have been up to.

Male Carers' Breakfast

"Gareth welcomed me and put me at ease straightaway."



Day Trip to St Anne's Kite Festival

"The absolute perfect day, I haven't stopped smiling!"



Crochet Workshop

"Nice to meet other carers. It was a short break from caring."



Cream Tea at Mercure Norton Grange Hotel

"I felt like royalty, it was so lovely."



Lunch at River Beal Cafe

"Very enjoyable, lovely to catch up with other carers."



Fatigue Management Workshop

"Very helpful session and a chance to talk about real needs."



Activities and Events

Coffee and Chats

Come and meet other carers whilst enjoying a cuppa!

These sessions are an opportunity to meet and chat with other carers and former carers, speak to a Carers Information and Support Officer (CISO), and take a well-earned break from your caring role whilst enjoying a free tea or coffee. If you do need to talk to a CISO in private, please do let them know.

There is no need to book a place on our Coffee & Chats, but if you would like to talk to someone before you attend, or would like further information, please use the details on page 2.



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. We have introduced this symbol to highlight the events you can bring the person you care for, if you wish to do so.

Carers' Hub Information Drop-ins

We will be at the following events to give further information about Carers' Hub Rochdale. Do come and say hello, have a chat and we will answer any questions you may have.

Milnrow Wellbeing Cafe

Butterworth Hall, Milnrow, Rochdale, OL16 3PQ

Tuesday 7th January 2025

Tuesday 4th February

Tuesday 4th March

Tuesday 1st April

1.00pm-3.00pm



Coffee and Chats 2024

Free to attend, no need to book, just turn up and you will receive a warm welcome!



| | Mind Café | Heywood Magic Market | The Courtyard | Gladwins | The Willows  |
|-------|---|--------------------------------|---|---|---|
| Venue | 14a-16 Wood Street, Middleton, M24 5TF | York Street, Heywood, OL10 1LT | (formerly Yates') 10 Fleece Street, Rochdale, OL16 1LY | (formerly Cuppaccino) 4 Ingliss St, Littleborough, OL15 9RP. | (Dementia Friendly – for carers and cared-for) Broad Lane, Rochdale, OL16 4PP |
| Time | 10.00am-11.30am | 10.00am-12.00pm | 10.00am-12.00pm | 1.00pm-2.30pm | 10.00am-11.30am |
| Date | Mon 6 th Jan | Tues 7 th Jan | Wed 8 th Jan | Thurs 9 th Jan | Fri 10 th Jan |
| | Mon 20 th Jan | Tues 21 st Jan | Wed 22 nd Jan | Thurs 23 rd Jan | Fri 24 th Jan |
| | Mon 3 rd Feb | Tues 4 th Feb | Wed 5 th Feb | Thurs 6 th Feb | Fri 7 th Feb |
| | Mon 17 th Feb | Tues 18 th Feb | Wed 19 th Feb | Thurs 20 th Feb | Fri 21 st Feb |
| | Mon 3 rd March | Tues 4 th March | Wed 5 th March | Thurs 6 th March | Fri 7 th March |
| | Mon 17 th March | Tues 18 th March | Wed 19 th March | Thurs 20 th March | Fri 21 st March |
| | Mon 7 th April | Tues 8 th April | Wed 9 th April | Thurs 10 th April | Fri 11 th April |
| | **Mon 28 th April (due to Bank Hol on 21 st) | **Tues 22 nd April | **Wed 23 rd April | **Thurs 24 th April | **Friday 25 th April |

Adult Carers Special Events

Welcome to our latest carers' activity programme. We have lots of activities running across the next four months to help you take a break from your caring role – including our regular Coffee & Chats, plenty of skills and wellbeing sessions and other lovely events including walks, lunches, pamper and crafts – and all of them are **free to attend!** We just ask that you book on to events as places can be limited.



Please note that all our activities and Coffee & Chats are for carers only, unless otherwise specified. We have introduced this symbol to highlight the events you can bring the person you care for, if you wish to do so.

Important Booking Information

Please feel free to express an interest in as many events as you would like to attend, ideally via email, or by phone. We work through the events a month at a time; you will be contacted about a month before each event to let you know if you have a space. We use this booking system because carers may receive the newsletter at different times (for example, carers that are new to the service may pick up a newsletter part way through a series of events). Please feel free to express an interest in an event right up to a couple of days before the event.

You must book onto our one-off events as most activities have limited numbers and need to be booked in advance so we can order any tickets or food (if applicable). Please also let us know if you are unable to attend an event you are booked on to as soon as you can, our events are very popular and often have a waiting list; we can then offer your place to another carer to attend.

You can book by:

Emailing: events@rochdalecarers.co.uk or Calling: 03450 138 208

Our special events are for current carers

(and former carers whose caring role has ended in the last 12 months)

Middleton Lunch

Monday 13th January
12.00pm-1.30pm

MIND Café, 14a-16 Wood Street,
Middleton, M24 5TF

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



A lovely lunch is on offer at the splendid MIND Café in Middleton where you will have a wide choice of food to enjoy, along with a drink and great company.

Book Club

Wednesday 15th January
10.00am-12.00pm

Wednesday 12th March
10.00am-12.00pm

Heywood Baptist Church,
Rochdale Road, Heywood,
OL10 1LE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Our Book Club continues where we will be picking up our next book and discussing the latest book too. We will of course have time for a hot drink, biscuits, and a general chat too! We welcome new members to the Book Club.

Volunteer Information Session

Thursday 16th January
10.30am-12.00pm

Empire House, College Road, Rochdale,
OL12 6AE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Are you a current carer or a former carer? Would you enjoy volunteering for Carers' Hub Rochdale? If so, why not come along to this information session to find out more about volunteering. Meet Ian Leadbeater (Volunteer Hub Manager) and Emma Wild (Rochdale contact for volunteers). There will be the opportunity to talk to current volunteers and to find out more about how you could help Carers' Hub Rochdale. Refreshments provided. If you cannot make this session but you are interested in becoming a volunteer, then please contact us using the details above. We look forward to seeing/hearing from you!



Aashiyana/ BAME Pamper Session

Monday 20th January 1.00pm-3.00pm
Castlemere Community Centre, Tweedale Street,
Rochdale, OL11 1HH

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk or
call: 03450 138 208. Please see Important Booking
Information on page 8.

Rewind and relax at our pamper session with a
choice of massage treatments and facials (treatment
time will depend on numbers attending). There will be
refreshments too!



Cooking with Pat

Monday 27th January 10.00am-12.00pm
Lighthouse Project, Middleton Shopping Centre,
Limetrees Road, Manchester, M24 4EL

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk or
call: 03450 138 208. Please see Important Booking
Information on page 8.

Fed up with making the same things for tea every
night? If so, come and learn to make vegetarian
cannelloni (a tasty pasta dish) with Pat, from Pat's
Cook and Taste. All the ingredients will be provided.
You will be guided by Pat to make delicious
cannelloni to take and cook at home.

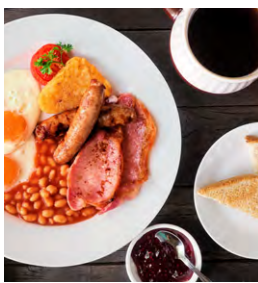
Male Carers Breakfast

Tuesday 28th January 10.30am-12.00pm

Tuesday 11th March 10.30am-12.00pm

Mill About, Spotland Bridge Mill, Bridgefold Road,
Rochdale, OL11 5BU

To express an interest in attending this free event, please
email: events@rochdalecarers.co.uk or call: 03450 138 208.
Please see Important Booking Information on page 8.



Enjoy a delicious, hearty breakfast at the delightful Mill About café. There will be
the opportunity to meet and chat with other male carers. New carers always made
very welcome. Book your place now!



Lunch at the River Beal Cafe

Thursday 30th January 12.00pm-1.30pm
River Beal Cafe, 14 Ladybarn Lane, Milnrow, Rochdale,
OL16 4GQ

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk or
call: 03450 138 208. Please see Important Booking
Information on page 8.

Enjoy a delicious lunch and a drink on us, at the
splendid River Beal Cafe. Chat with other carers and
relax whilst your lunch is prepared for you.



Fitness with Frank

Friday 31st January 1.00pm-2.30pm

Friday 28th February 1.00pm-2.30pm

Friday 28th March 1.00pm-2.30pm

Heywood Baptist Church, Rochdale Road, Heywood,
OL10 1LE

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk or
call: 03450 138 208. Please see Important Booking
Information on page 8.

Come and join our wonderful, award winning volunteer
fitness instructor, Frank, who will show you ways to
exercise safely. Have fun staying fit and healthy. There
will be time for a brew and a chat afterwards.



Les Misérables - The Staged Concert

Sunday 2nd February 5.00pm-7.45pm

Odeon Cinema, Sandbrook Park, Rochdale, OI11 1RY

To express an interest in attending this free event,
please email: events@rochdalecarers.co.uk or
call: 03450 138 208. Please see Important Booking
Information on page 8.

Les Miserables - The Staged Concert was filmed in
London's West End in 2019. Featuring an all-star cast
and fabulous music, carers can enjoy this spectacle
on the big screen.



Pamper Session

Monday 10th February 10.00am-12.00pm

Lighthouse Project, Middleton Shopping Centre,
Limetrees Road, Manchester, M24 4EL

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a space and enjoy a little bit of time to yourself as you are pampered with either a mini facial or massage. Relax and unwind with a cup of tea or coffee whilst you meet and chat with other carers.



Online Craft with Erica

Monday 10th February 2.00pm-3.30pm

Monday 28th April 2.00pm-3.30pm

On Zoom

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a space and join in with this fabulous online craft session with Erica, from Creative Health and Wellbeing. Erica will guide you through the steps to make a beautiful craft. Everything you need for the session will be delivered to your home.



Anxiety Management Session

Monday 3rd February 1.00pm-2.30pm

St George's Hall, Oakenrod, Rochdale, OL11 4ED

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Do you suffer with anxiety? Would you like to learn more about how it can be managed? If so, book a space on this informative session led by Lyndsey from Springhill Hospice. Refreshments provided.



Cake and Singalong Reconnect Session (for carers and the person you care-for)

Tuesday 11th February 1.15pm-2.45pm

St George's Hall, Bury Road, Oakenrod,
Rochdale, OL11 4ED

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book on to this lovely afternoon filled with tea, cake and great music. Join in with our singer and singalong to some well-loved songs. Take time to chat and reconnect with other carers or the person you care for. Places are limited and all places must be booked.



Caring Minds Group

(For carers supporting someone with a diagnosed mental health condition)

Wednesday 19th February 10.00am-12.00pm

Wednesday 16th April 10.00am-12.00pm

Sudden Resource Centre, Silk Street, Rochdale,
OL11 3EU

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

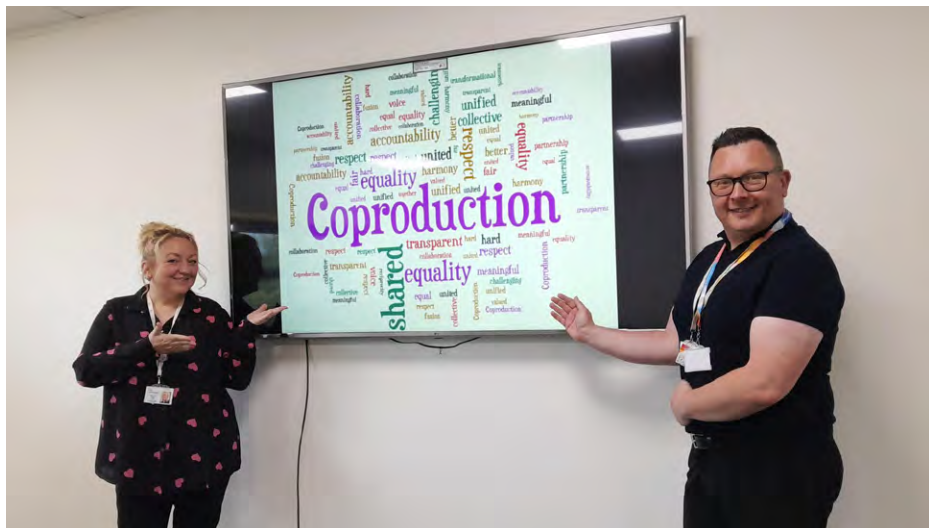
In collaboration with the Community Mental Health Teams in Pennine Care, we are meeting to provide both peer and professional support to carers who care for someone with a mental health condition, in a small group setting. These sessions will be an opportunity to meet with other carers, as well as mental health and Carer Hub professionals, to discuss conditions, how this may affect those being cared for and the impact it can have on carers, as well as talk through useful strategies and support available. Each session will have a different focus, however, sessions are flexible and cater to the needs of the group.

Co-Production Meeting

Monday 24th February 10.30am-12.30pm

St George's Hall, Bury Road, Oakenrod, Rochdale, OL11 4ED

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Book a space to make a difference to Adult Care Services. We value your experience, opinions and views on how to make improvements. The theme of this meeting will be Improving the Carers' Assessment Process. A light lunch will be provided.



Coffee and Cake

(for carers and the person you care-for)

Tuesday 25th February 2.00pm-3.30pm

Gladwins, 4 Ingliss Street, Littleborough, OL15 9RP

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a place and enjoy a delicious cup of tea or coffee and a tasty slice of cake. Enjoy meeting other carers in this lovely café, right next to beautiful Hare Hill Park in Littleborough.



Gentle Stroll and Lunch

Wednesday 26th February 11.00am-1.00pm

Wednesday 30th April 11.00am-1.00pm

Queen's Park Café, Heywood, OL10 4UY

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join us for a gentle stroll around the park (approx. 20 mins) followed by a lovely lunch in the café. Please book your space and meet outside the café for the stroll at 11am (subject to weather conditions).

Aromatherapy Workshop

Thursday 27th February 10.30am-12.00pm

Castlemere Community Centre, Tweedale Street, Rochdale, OL11 1HH

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



This informative workshop will give you the opportunity to learn about a range of essential oils and how they can support wellbeing. Michelle from the Hygge Hub, will guide you to blend an oil to use for a relaxing hand or arm massage. Please book your space.



Planning for Your Future Session

Thursday 6th March 10.30am-11.30am

The Sailing Club, Lake Bank, Hollingworth Lake, Littleborough, OL15 0AS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

A supportive and informative session led by Lyndsey from Springhill Hospice. This session gives practical advice on how to support the person you care for to communicate views, wishes and preferences about their future care with medical teams and family. Take time to discuss values and what is important to the person you care for regarding care planning. This session looks at how the person you care for can take control of their future. Meet Zoe Clough from Sharp Cross and Mann Solicitors.



Relaxing Sound Journey

Thursday 13th March 1.00pm-2.30pm

St George's Hall, Bury Road, Oakenrod, Rochdale, OL11 4ED

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Are you in need of some relaxation? If so, why not come and experience a wonderful Sound Journey with Michelle from The Hygge Hub. Be soothed by the sounds of Tibetan singing bowls and other gentle instruments as you lie or sit and relax in comfort. Please bring a pillow and blanket to the session. There will be time for refreshments afterwards.



Fun Bingo, Quiz and Chips

Friday 14th March 10.30am-12.30pm

The Sailing Club, Lake Bank, Hollingworth Lake, Littleborough, OL15 0AS

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book your space and come and join in with this free, fun Bingo session to win some lovely prizes! The numbers will be called by our very own, Gareth Townsend, in the beautiful surroundings of the Sailing Club at Hollingworth Lake. Take part in an entertaining quiz with Quizmaster Brian. Enjoy a portion of chips or a chip muffin with a tea or coffee.

Visit to Fireground Museum

(for carers and the person you care-for)

Thursday 20th March 10.30am-12.00pm

Fireground, Maclure Road, Rochdale, OL11 1DN

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Fireground is located inside Rochdale's beautiful former fire station, dating from 1933. Book a space to join in with the tour of this fascinating museum or book a space and look round at your own pace. Discover the history of fire engineering and the fire and rescue services in the Greater Manchester region. Once you have explored, we will meet upstairs (there is a lift) to have a cup of tea or coffee. Please note, the museum is fully accessible and there is on-site parking. The Fire Safety Team will be present to give fire safety advice.



Spring Centrepiece Craft Session

Wednesday 26th March 10.00am-12.00pm

Lighthouse Project, Middleton Shopping Centre,
Limetrees Road, Manchester, M24 4EL

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Book a place to join Erica, from Creative Health and Wellbeing, to make a beautiful spring centrepiece. Use a combination of real and artificial flowers and foliage to create an exquisite candle centrepiece to take home and keep. (Picture for illustration purposes.)

Stay Strong Stay Safe Session

Tuesday 1st April 10.00am-12.00pm

Empire House, College Road, Rochdale, OL12 6AE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



In association with Your Trust, this session has been designed to help you support the person you care for to stay strong and stay safe. During the session, you will look at the RoSPA Fall Fighter training on how to prevent falls. Also, you will learn the Super 6 strength and balance exercises. There will be information on good nutrition and hydration to stay safe and strong. Refreshments will be provided.

Acupuncture Information Session

Thursday 3rd April 10.00am-11.30am

Norden Old Library, Edenfield Road, Norden, OL11 5XE

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Have you heard of acupuncture, but you are not really sure what it is? If so, why not book your space and come along to this session led by Shirley, a qualified practitioner from Holistic Harmonies. Shirley will explain how acupuncture may be able to help with headaches, migraines, sleep, lack of energy, hay fever, pain and more. Refreshments provided.

Tea and Toasted Teacake

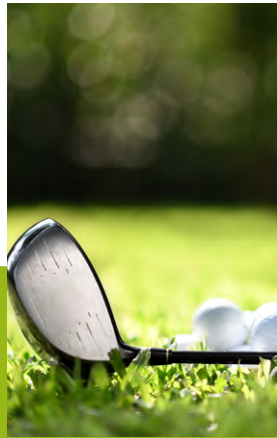
Wednesday 2nd April 10.00am-11.30am

Gordon Rigg Garden Centre Bistro, Moss Bridge Road, Kingsway, Rochdale, OL16 4UX.

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.



Book a space to join us at the Bistro, upstairs at Gordon Rigg Garden Centre. After tea and a teacake, we will enjoy having a browse around the Garden Centre looking at the plants and flowers both indoors and outdoors. This venue is fully accessible.



Golf at The Driving Range

Wednesday 24th April 10.15am-11.15am

Improve My Golf, Bowlee Park Golf Driving Range, Heywood Old Rd, Middleton, Manchester, M24 4TH

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Come and learn to hit a golf ball like a professional, at the driving range. This is a great way to let off steam! (This is a physical skill with some twisting involved, please ensure that you are fit and well to undertake this activity.) We hope that you will really get into the swing of it!



Pamper Session

Monday 28th April 10.00am-12.00pm

St George's Hall, Bury Road, Oakenrod, Rochdale, OL11 4ED

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

All places must be booked for this special treat! Enjoy a mini facial or massage. Take time to meet other carers and enjoy a cup of tea or coffee.



Lake Walk and a Chip Muffin

Tuesday 29th April 11.00am-1.00pm

Hollingworth Lake, Littleborough OL15 0DD

To express an interest in attending this free event, please email: events@rochdalecarers.co.uk or call: 03450 138 208. Please see Important Booking Information on page 8.

Join us for a walk around Hollingworth Lake (or halfway round!). We will return to the Sailing Club to eat a portion of chips or a chip muffin and have a cup of tea or coffee. Enjoy being in the great outdoors, chatting to other carers and looking out at scenic Hollingworth Lake. Apologies, but we cannot allow dogs at this event.



Your Voice Matters

Carers' Co-production Network

Rochdale Adult Social Care has commissioned the Carers' Hub, Rochdale, to host the HMR Carers Co-Production Network - to hear the voices of carers with lived experience across Heywood, Middleton and Rochdale. As a carer, this is your opportunity to make a difference by working together, sharing your experiences and skills and to have your voice heard to influence, design and develop Adult Social Care services by speaking to key decision makers.

There will be lots of opportunities for you to join in, including; bi-monthly **Your Voice Matters Workshops, 1:1 sessions, surveys, being on interview panels** and in **working groups**.



The next meeting will be:
Monday 24th February 2025
10.30-12.30

St. George's Hall,
Bury Road, Rochdale, OL11 4EB

The theme for this meeting will be:

Improving the Carers' Assessment Process

Lunch will be provided.
Please register to attend this event by following the QR code. We will contact you to confirm your registration and booking.

To express an interest in becoming a member of the Network and to let us know how you would like to be involved:

Telephone: **0345 0138 208**

(Calls are charged at local rate)

Email: events@rochdalecarers.co.uk



or follow the link/scan the QR code to complete the registration form
<https://forms.office.com/e/Nc02Ut93wC>



n-compass is registered in England and Wales as a Registered Charity No.1128809 and as a company limited by guarantee No. 06845210.

Online Activities for Adult Carers

Our Zoom sessions are very informal, grab a cuppa and join us for some fun, chat with staff and meet other carers prior to the activity if there is one. If you have not already used Zoom and want to learn more about the platform, please visit <https://zoom.us/join> for further information. **Some sessions may be subject to change and any changes will be communicated via email.** For further information or support please email activities@staffordshiretogetherforcarers.org.uk

Weekly Sessions

Distance Reiki

Every Wednesday 2.00pm-3.00pm

Feeling stressed, overwhelmed, or out of balance? Discover the profound healing potential of Reiki. A gentle yet powerful Japanese technique that can help you melt away stress and anxiety leaving you feeling calm and centred. Experience a holistic healing that addresses your body, mind, and spirit, creating a sense of peace and well-being.

During these sessions carers can relax in their own home while Jo guides you through a healing experience.

"It's lovely to connect with everyone and then drift off in my own world to the sound of Jo's voice. The session has a huge positive impact on my mental and physical wellbeing." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions please [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.

Seasonal Flow Yoga

Every Wednesday, 6.15pm-7.30pm

Seasonal Flow Yoga is designed to align you to the changing energies of nature and the seasons. It's a practice that improves physical strength and flexibility, giving balance, harmony and an enhanced sense of well-being. It's a great antidote to the stress and anxiety of modern life.

The practice is suitable for beginners and experienced yogis. Seasonal Yoga combines yoga with elements of the traditional practices of Tai Chi and Qigong, as well as meditation and pranayama breathing techniques.

"I am already experiencing the mental and physical benefits from the yoga and meditation." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.



Yoga Nidra

Every Thursday 7.00pm

Yoga Nidra is a special type of guided meditation that puts you into a particular state of consciousness. It helps to relieve stress, reduce tension, and relieve anxiety. Regular practice is said to positively affect your overall physical, emotional & mental health.

"For me Yoga Nidra ticks all the boxes - its relaxing, there's a sense of community and belonging and an empathy for our situation as carers without having to explain everything." Carer



Scan Here

To access any of our Yoga or Reiki Zoom sessions pick [click the link here](#) or scan the QR code to complete this short booking form and we will provide the Zoom Link.

Carers Wellbeing Peer Support Drop in

Every Friday 10.00am-11.00am

Delivered by Fiona, our Carers Wellbeing Coach, via MS Teams, this weekly wellbeing drop in is a chance to access peer support in a safe space to explore wellbeing and coping strategies.



Scan Here

To access

To access this session on Zoom [please click here](#) or email activities@staffordshiretogetherforcarers.org.uk and complete this short booking form and we will be in touch to share the Zoom Link

Has anything changed?

We always want to ensure that we have the latest information on carers who are registered with us to ensure that we can continue to provide you with the latest information on our service and to offer you support, as and when you need it. Please contact us if any of your details have changed (for example, names, telephone number, address, email) or if you are no longer a carer - so we can update our system. You can also let us know if your caring role has changed or maybe you haven't been in contact with us for a while and would like additional support or information from one of our Carers Information and Support Officers – please reach out to us.

To let us know about any changes or request for support, please call: 03450 138 208 or email: enquiries@rochdalecarers.co.uk

New
phone
number?

Changed
your
address?

Young Carers Hub Rochdale

YOUNG
carers'
HUB
Rochdale

Our Rochdale Young Carers have been having loads of fun making cookie monsters and ghostly decorations at the monthly group meetings at the Moss Street and Spring Vale Clubs. Our young carers have learnt how to make beautiful willow lanterns, and they have had a super African drumming session. We had a brilliant bowling session in the half term too!

Our Young Carers Team offer support to children and young people aged 5-17 years old, visiting them in their school setting to talk to them about their caring role and how this impacts their lives.

We are here to support all young carers, offering a wraparound package of support.

To get in touch, call 03450 138 208 or email: enquiries@rochdalecarers.co.uk



Crochet and Knitting Project

Do you enjoy knitting or crocheting?
If so, we need you!



Carers' Hub Rochdale is delighted to join with Creative Health and Wellbeing for this collaborative project. We are asking carers to volunteer to crochet or knit 3inch or 6inch squares of any colour or design with any left-over wool they may have. (Please get in touch if you do need any additional wool.)

We would be very grateful if carers could kindly bring any completed squares to any of the Coffee and Chat sessions or to any of our events and give them to a member of Carers' Hub Rochdale staff. The squares created by different carers will be joined together to make beautiful sensory blankets which will be donated to local Dementia Units and Hospices.

For more information, or if you have any questions, or if you would like to let us know that you are taking part, please email: events@rochdalecarers.co.uk or call: 03450 138 208

Thank you so much!

carers
HUB
YOUNG
Carers'
HUB
Rochdale

Creative Health Ltd
Community Art & Craft Sessions

Volunteer of the Year Award



Carers' Hub Rochdale are thrilled to announce that Frank has won the **Volunteer of the Year Award at the Rochdale Borough Active Awards!**

Since 2019, Frank has been a devoted volunteer with the Carers' Hub Rochdale, using his fitness expertise to help carers stay active.

During the pandemic, Frank launched the 'Walk a Mile Club' on Zoom, helping carers stay active from home. When restrictions eased, Frank organised outdoor fitness sessions in Queen's Park, Heywood, and introduced a popular fortnightly Social Fitness program, blending low-impact exercises with socialising and health advice.

In 2023 Frank led an energetic taster session for Carers Week, which was so well received that it became a regular programme. Frank also supports young carers, using fun and age-appropriate exercises to inspire healthy habits.

Frank contributes to the wider community by running classes on breathing techniques, inclusive fitness, and family-friendly workouts. Frank's sessions are more than just exercise—they are a source of social connection, support, and joy. Carers rave about Frank's infectious positivity, saying, "Frank's energy makes every session uplifting!" and "I always leave feeling lighter and happier".

Frank's commitment to empowering carers and inspiring the community is truly exceptional, making Frank a well-deserved Volunteer of the Year.

Thank you, Frank, for all your hard work!



n|compass
towards a brighter future

carers
HUB
YOUNG
carers
HUB
Rochdale

Useful Information

Free 30 minute session with a solicitor for carers

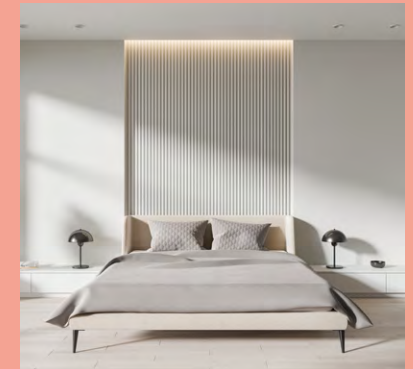
The Carers' Hub Rochdale works in partnership with Zoe Clough at Sharp, Cross & Mann solicitors to offer a free 30-minute session via telephone or face-to-face, to discuss issues such as deputyship, Power of Attorney, will writing and more. If this is something you are interested in accessing, the sessions run on the second Tuesday of every month in the morning, and all you need to do is contact your Carers Information and Support Officer, or email events@rochdalecarers.co.uk to book a slot.



Sharp Cross & Mann
solicitors

Carefree

Take a short break from your caring role with Carefreespace.org



The Carers' Hub, Rochdale is now a Community Partner with Carefreespace.org which offers one to two-night short breaks away (with breakfast) for unpaid carers. The breaks are across the UK and cost just £33 in admin fees. You can take a companion with you (but not the person you care for) so you are able to take a break from your caring role, to help with your health and wellbeing. To find out more, email: events@rochdalecarers.co.uk or call **03450 138 208**. We can refer you to **Carefreespace.org** and you only pay the admin fee once you book your break.

"It gave my husband and I an opportunity to have some time together. It made us realise how much we needed that "us" time. Christmas can be an extreme time of the year for our family, so the break was much needed."

Please note you must be over-18 and care for someone for 30 hours a week; the breaks include your accommodation and breakfast; you must be able to provide respite for the person you care-for; and be able to pay for extra expenses (travel, other food etc.) All booking is done online, so you must be able to do this, or have someone to help - although we can help if you have no other support.

Ukulele Lessons for Over 60's

Have you ever fancied learning a musical instrument but not sure where to start?

Creative Health have teamed up with Rochdale Music Service to give you the chance to learn the Ukulele.

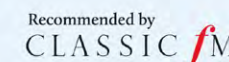
Every Thursday at Rochdale Music Service, in the centre of Rochdale just down from the Bus Station from 11:15am - 12:15pm

The sessions are with a qualified instructor and you will be given an instrument to take home to practice on.

Each session costs only £3

For more information or to book on to the sessions then please call Rochdale Music Service on 01706 926750 or pop in and have a chat at

Rochdale Music Service
7-11 The Butts
Rochdale, OL16 1XT



Come and Join the Fun!

Music Café for people living with dementia and their carers

Free Music Café
Every Tuesday (starting 14th Jan)
1.30 – 3pm

The Strand Community Hub,
Community Hub, Kirkholt, 17 The Strand, Rochdale, OL11 2JG



"A little piece of heaven in our week"

"We enjoy seeing mum enjoying herself...we never stop smiling"

"The sessions are full of playfulness, laughter, tears... They are so inclusive, and so much fun!"

- Free to attend
- Make new friends
- Improve your wellbeing and mood
- Help people with dementia to communicate and express themselves

To attend this Music Café, or for more information on parking and accessibility, please contact: hello@hmrcircle.org.uk or 01706 751165

Are you an unpaid carer

for family, a friend or neighbour?



Do you sometimes worry that you don't feel as confident as you would like to?

We can help build your skills and confidence in **informal, interactive** sessions.

Learn from experienced palliative care nurses and carers how to:

- help **move** safely on & off chair/bed
- help with **eating and drinking**
- looking after **skin**
- providing **personal care including, toileting & catheter care**
- using the **internet** to place orders for meals etc
- look after yourself and deal with those tricky times



Sessions will run for **2 hours** over **4 weeks** and will include: a skill, an opportunity to ask the professionals your questions, time to meet with other unpaid carers over a brew, and some self care just for you

Venue :

Springhill Hospice Education
Carders Court, Ivor St, Castleton OL11 3JA

Attend all sessions or just those which are useful for you

Contact us Tues - Thurs for more information

 Education Unit 07947 954 970
 springhill.education@nhs.net

FREE



ROCHDALE BOROUGH COUNCIL

Customer services

Rochdale Customer Service Centre, Number 1 Riverside. Monday – Friday 9:00 – 5:00

Middleton Library and Customer Service Centre, Middleton. Tuesdays 9:00-5:00

Heywood Library and Customer Service Centre, Heywood. Thursdays 9:00-5:00

We can provide support and advice on council services including



- Making a claim or reporting a change of circumstances for Housing Benefit and Council Tax support.
- Council tax
- Applying for a Discretionary Housing Payment.
- Applying for a Blue Badge.
- Accessing services such as mental health support, food banks, welfare advice, debt issues, housing and homelessness.

We offer a drop in service and appointments by request.

To make an appointment please contact us on 01706 924403 or email Customer.Services@Rochdale.Gov.Uk



Adult Community Fitness Timetable

(Pre-booking is required for activities taking place at community venues)

| Time | Activity | Price | Location |
|--------------------------------|---|-------------------------------|--|
| Monday | | | |
| 10:00 AM | Zumba Basic | £1.50 | Darnhill Library Argyle St, Heywood, OL10 3RY |
| 10:30 AM | Zumba Basic [Class is on 1st floor – no lift available] | £3.00 | St Martins Church Castleton Vicarage Road North, Rochdale, OL11 2TE |
| 12:00 PM | Walking Netball | £3.00 | Heywood Sport Village West Starkey St, Heywood, OL10 4TW |
| 1.00 PM | Fun Dance | £3.00 | The Hub, Alkrington Hardfield Rd, Middleton, M24 1TQ |
| 6:00 PM | Zumba | £3.00 | Stancliffe Social Centre Stancliffe Lane, Middleton, M24 2PB |
| 6.30 PM | Yoga | £3.00 | Hollingworth Academy [termtime only] Cornfield St, Milnrow, OL16 3DR |
| 7:30 PM | Dancercise | £3.00 | Hollingworth Academy [termtime only] Cornfield St, Milnrow, OL16 3DR |
| 7:00 PM | Quiz | FREE! | Online |
| 8:00 PM | No Strings Badminton | £3.00 | Littleborough Sports Centre Calderbrook Rd, Littleborough, OL15 9JN |
| Tuesday | | | |
| 9:00 AM | Over 50's Sport and Fun [Badminton, Short Tennis, and Table Tennis] | £4.50 | Rochdale Leisure Centre Entwisle Rd, Rochdale, OL16 2HZ |
| 12:00 PM | Fun Dance | £3.00 | Heywood Sport Village West Starkey St, Heywood, OL10 4TW |
| 6:00 PM | No Strings Badminton | £3.00 | Heywood Sports Village West Starkey St, Heywood, OL10 4TW |
| 6:00 PM | Zumba | £3.00 | Heywood Sports Village West Starkey St, Heywood, OL10 4TW |
| 6:15 PM | Legs, Bums & Tums | £3.00 | Stancliffe Social Centre Stancliffe Lane, Middleton, M24 2PB |
| 7:15 PM | Pilates | £3.00 | Stancliffe Social Centre Stancliffe Lane, Middleton, M24 2PB |
| Wednesday | | | |
| 10:00 AM | Fun dance | £3.00 | Stancliffe Social Centre Stancliffe Lane, Middleton, M24 2PB |
| 11:30 AM | Zumba Basic | £3.00 | Heywood Sports Village West Starkey St, Heywood, OL10 4TW |
| 6.00 PM | Yoga | £3.00 | Hollingworth Academy [termtime only] Cornfield St, Milnrow, OL16 3DR |
| 6:30 PM | No Strings Badminton | £3.00 | Rochdale Leisure Centre Entwisle Rd, Rochdale, OL16 2HZ |
| Thursday | | | |
| 9.45 AM | Best of 50's and 60's [Class is on 1st floor – no lift available] | £3.00 | St Martin's Church Castleton Vicarage Road North, Rochdale, OL11 2TE |
| 11:00 AM | Zumba Basic | £3.00 | Rochdale Unitarian Church Clover Street, Rochdale, OL12 6TP |
| 6:00 PM | Yoga | £3.00 | Heywood Sports Village West Starkey St, Heywood OL10 4TW |
| Friday | | | |
| 9:30 AM | Best of 50's and 60's | £3.00 | The Hub, Alkrington Hardfield Road, Alkrington, Middleton, M24 1TQ |
| Group Led Walks – FREE! | | Learn to Cycle – FREE! | Walking Football |

your trust

Sessions are fun,
friendly and social.

Pay-as-you-go. No membership required.

Pre-booking is required. Please select 'Community Session' for activities at community venues for online bookings.

For more information

Email us at activ8teme@yourtrustrochdale.co.uk

Booking Line **07458 118 121**

Facebook 'Activ8teME'

Sarah

01706 926 239 / 07976 498 629

Catherine

01706 262 276 / 07814 771 271

Information is correct at time of printing and may change

Citizens Advice Drop In Rochdale

0808 278 7803

C.A.B Currently offer a face-to-face service at

**Number One Riverside, Smith Street,
Rochdale, OL16 1XU**

Mondays, Wednesdays and Thursdays
9:30am-3:30pm

citizens
advice

MILNROW WELLBEING CAFE

**JOIN US FOR FUN
LAUGHTER AND ENTERTAINMENT
A RELAXED, INFORMAL, FRIENDLY SUPPORT GROUP**

1st TUESDAY OF THE MONTH 1-3PM

**BUTTERWORTH HALL
NEW STREET MILNROW OL16 3PQ**

**FREE REFRESHMENTS AND SUPPORT FOR PEOPLE
LIVING WITH DEMENTIA AND THEIR CARERS**

ENTERTAINMENT AND OCCASIONAL GUEST SPEAKERS

**INFORMATION AND 1-2-1 ADVICE
FROM THE ALZHEIMER'S SOCIETY**



Please contact
01706 249100
for more information

PLEASE PRE-BOOK A PLACE
BY RINGING JOANNE
WE LOOK FORWARD TO SEEING YOU

Useful Numbers

| | |
|---|---------------|
| Carers' Hub Rochdale | 03450 138 208 |
| Adult Social Care Services | 0300 303 8886 |
| Adult Safeguarding Team | 0300 303 8886 |
| Children Social Care Services | 0300 303 0440 |
| Community Connectors (Adult Care) | 0300 303 0360 |
| Emergency Duty Team (In an Emergency and outside office hour including bank holidays) | 0300 303 8875 |
| Rochdale Citizens Advice Bureau Advice Line | 0808 278 7803 |
| Greater Manchester Public Transport (Disabled Travel Pass) | 0161 244 1000 |
| Blue badge (Disabled Parking Permit) | 0300 303 8870 |
| Health and Social Care Regulator (Care Quality Commission) | 03000 616161 |
| Turn2us (national charity providing information about charitable grants) | 0808 802 2000 |
| Your Trust Rochdale (Leisure and Sports) | 01706 926000 |
| Thinking Ahead (Mental health and Wellbeing Service) | 01706 751180 |
| Stroke Association – Rochdale | 01706 657 269 |
| Carers Allowance Unit | 0800 731 0297 |
| Personal Independence Payment | 0800 917 2222 |
| Attendance Allowance | 0800 731 0122 |
| Disability Living Allowance | 0800 731 0122 |
| Dementia Connect (Alzheimer's Society) Helpline | 0333 150 3456 |
| SafeNet Domestic Abuse Service | 0300 3033581 |
| School nurses (support any child and young person from 5 years until their 20th birthday who live in or attend a school in Rochdale) | 0161 206 0694 |
| Rochdale Boroughwide Housing | 0800 027 7769 |



Your Feedback

Your feedback is invaluable as we strive to improve and develop our services for you. Please let us know if there is something you feel would benefit yourself and other carers e.g. you might like to ask us to offer some specific training or just tell us about an activity you attended and what worked and what didn't work for you. Hopefully together we can make it work!

Please call 0345 0138 208 or email enquiries@rochdalecarers.co.uk

If you would like to read any part of this newsletter in large print, please call 0345 0138 208 or email enquiries@rochdalecarers.co.uk to make your request.

Please note that whilst we do our best to print accurate information, times, dates, and venues may be subject to change at short notice. Please check our Facebook Group www.facebook.com/groups/2516078581760510 or call **0345 0138 208** before setting out.