

Autumn/Winter Edition 2024

carers'
HUB

Newsletter

Rochdale



Welcome
to
the **22nd**

Carers' Hub
Rochdale
Newsletter

n|compass
towards a brighter future



ROCHDALE
BOROUGH COUNCIL

Greater Manchester
Integrated Care Partnership

Welcome to the 22nd edition of the Carers' Hub Rochdale Newsletter

Welcome to the Autumn/Winter edition of the Carers' Hub Rochdale Newsletter. We have lots of wonderful activities to look forward to in the coming months.

Reflecting on the past few months... We have been very busy, we enjoyed seeing so many wonderful carers at the Carers Week Special Event, highlighting the valuable work of unpaid carers and Putting Carers on the Map! Carers have enjoyed tasty lunches, craft sessions, celebrated Eid and had lots of fun at the Abba Thank you for the Music show at Middleton Arena. The Male Carers Breakfast went on tour and included the chance to play darts and pool. Carers enjoyed getting active at Pilates and the Fun Dance session. Top tips were learnt in relation to reducing energy and bills, and First Aid. In addition, there was the opportunity to visit The Smart House to learn about assistive technology. Many more events and sessions were enjoyed by carers from May to August, too many to list!

As always, if there is something you would like to try, you have enjoyed an event that we have put on in the past or have any

suggestions to help improve our service, we would love to hear from you. Our service is centred around YOU, so please do reach out and tell us what you'd like to see.

As usual, we have included a lot of information within this newsletter which we hope is helpful to you. You can also always keep up to date with our service offer and new opportunities by visiting our website www.n-compass.org.uk, following our Rochdale Adult Carers Facebook page as well as receiving our bi-monthly Carer email bulletins.

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.

We would like to wish Fiona Howson (Service Manager - Maternity Cover) a fond farewell as Fiona leaves Rochdale Carers' Hub staff team. Fiona will be missed by staff and carers and we wish Fiona all the very best for the future.

Wishing you well,
Carers' Hub Rochdale Team

Contact Us Today

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**



SCAN ME

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
- A 24/7 Volunteer manned Carers Help and Talk (CHAT) Line
- Support to access community and Health and Wellbeing services



Carers' Hub Rochdale Team



Rebecca Greatrex
Interim Service Manager



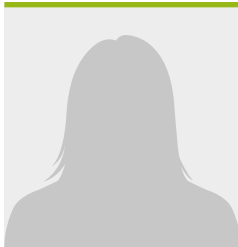
Aimee Clarke
Service Manager



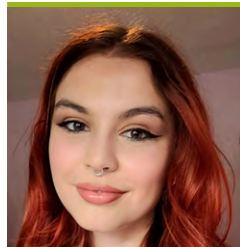
Victoria Williams
Team Leader



Karan Youngblut
Carers Information and Support Officer



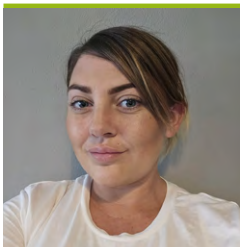
Rabina Kauser
Carers Information and Support Officer



Ellie Herbert
Carers Information and Support Officer



Shamim Aslam
Carers Information and Support Officer



Kirsty Wild
Carers Information and Support Officer



Emma Wild
Participation and Engagement Officer



Gareth Townsend
Participation and Engagement Officer



Mekala Pandiarajan
Carer Breaks Admin Support

What we've been up to!

From May to August 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. **Take a look at the photos to see what we have been up to.**

Gentle Stroll and Lunch at Queen's Park



"My first time and I thoroughly enjoyed it, something different in beautiful surroundings."

Eid Celebration



"I really enjoyed myself and it was nice to meet other carers."

CPR/First-Aid Session



"Very informative and useful."

Carers Week Special Event

"Nice to meet others to share experiences."



First Carers Co-Production Meeting



A chance to listen to carers' views.

Abba Thank you for the Music Show



"It was a great fun, just what I needed."

Activities for Carers

Welcome to our latest carers activities programme. We have lots of activities running across the next four months – including our regular Coffee & Chats, plenty of skills and wellbeing sessions and special events including a day trip, walks, pampers 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 do our best to have some activities in each newsletter for carers to also bring the person they care for, if they wish to do so.

Coffee and Chats

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 and a biscuit (or two!) 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.



Carers' Hub Information Drop-ins

We will be at the following locations 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.

Number One Riverside

Smith Street, Rochdale, OL16 1XU.
first Wednesday of every month from
10.00am - 12.00pm, September to December

Milnrow Wellbeing Café

Butterworth Hall, Milnrow, Rochdale, OL16 3PQ.
Tuesday 3rd September, Tuesday 1st October, Tuesday
5th November and Tuesday 3rd December between
1.00pm - 3.00pm

Coffee Rockers at St George's Church

Oakenrod, Bury Road, Rochdale, OL11 4ED.
Tuesday 17th September, Tuesday 15th October,
Tuesday 19th November between 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 2 nd Sept	Tues 3 rd Sept	Wed 4 th Sept	Thurs 5 th Sept	Fri 6 th Sept
	Mon 16 th Sept	Tues 17 th Sept	Wed 18 th Sept	Thurs 19 th Sept	Fri 20 th Sept
	Mon 30 th Sept	Tues 1 st Oct	Wed 2 nd Oct	Thurs 3 rd Oct	Fri 4 th Oct
	Mon 21 st Oct	Tues 22 nd Oct	Wed 23 rd Oct	Thurs 24 th Oct	Fri 25 th Oct
	Mon 4 th Nov	Tues 5 th Nov	Wed 6 th Nov	Thurs 7 th Nov	Fri 8 th Nov
	Mon 18 th Nov	Tues 19 th Nov	Wed 20 th Nov	Thurs 21 st Nov	Fri 22 nd Nov
	Mon 9 th Dec	Tues 10 th Dec	Wed 11 th Dec	Thurs 12 th Dec	Fri 13 th Dec

Adult Carers Special Events

We are now offering even more opportunities to take a break from your caring role with **completely free** activities each month across all localities with a vast range of health and wellbeing sessions too. If you have not been to one of our activities before, as you can see from our photos on page 5, we are a really friendly bunch. You can speak to your Carers Information and Support Officer about what to expect and which one you would like to go to, and we can ensure you are greeted on arrival.

You must book onto our one-off events as most of them have limited numbers and some need to be booked in advanced so we can order any tickets and 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

Calling: 03450 138 208

Our special events are for current carers
(and former carers whose caring role has ended in the last 12 months)

Lunch at MIND Café Middleton

Monday 9th September

12.00pm-1.30pm

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

For this free event please
book your place by:

emailing:

events@rochdalecarers.co.uk

or calling:

03450 138 208



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.

Cookery Session

Tuesday 10th September

10.30am-12.30pm

Darnhill Library (Community Room),
Argyle Street, Heywood, OL10 3RY

For this free event please
book your place by:

emailing:

events@rochdalecarers.co.uk

or calling:

03450 138 208



Learn to make delicious vegetarian cannelloni (pasta dish) with Pat from Pat's Cook and Taste. All the ingredients will be provided, you will be guided by Pat to make cannelloni to take and cook at home. Please book your space on this free session.

Trishaw Ride (for carers and the person you care-for)

Thursday 12th September

You will be given a time to arrive
between 10.00am and 12.00pm
(places are very limited)

For this free event please
book your place by:

emailing:

events@rochdalecarers.co.uk

or calling:

03450 138 208



Rochdale Cycling Without Age is offering carers (along with the person you care for if you wish) the opportunity to go for a ride on their trishaw around Hollingworth Lake. You will sit comfortably on the front of their trishaw to enjoy the beautiful lake views and feel the fresh air.



Mindfulness Walk in Hare Hill Park

Friday 13th September 10.15am-11.15am

(Meet near the bandstand)

Hare Hill Park, Hare Hill Road, Littleborough, OL15 9HE

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Join our friendly staff and meet other carers for a stroll around beautiful Hare Hill Park. Take time to look for signs that the season is starting to change, enjoy the colours of the trees and plants. We will stop to take a breather and have a chat or sit quietly if you would prefer. There is the option to sketch or do some mindful colouring if you would like to. Please bring a bottle of water and dress appropriately for the weather. We look forward to seeing you.



Day Trip to St Anne's Kite Festival

Saturday 14th September pick-ups from 8.30am from Heywood, Rochdale and Middleton

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

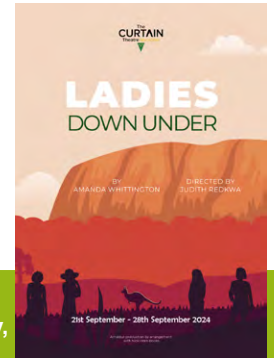
Enjoy a coach trip to Lytham St Anne's to watch the Kite Festival. A colourful spectacle, which sees the skies over the beach surrounding the pier, filled with beautiful kites of all shapes and sizes. Relax with an ice-cream as the kites take to the skies. You are free to do your own thing once there or you can join our staff and spend the day with them. The coach is provided but you will need to provide your own packed lunch, drinks and snacks or buy something whilst you are there.

Afternoon Play (Ladies Down Under) at The Curtain Theatre

Sunday 22nd September 1.45pm meet, starts 2.15pm

47 Milkstone Road, Rochdale, OL11 1EB

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**



Enjoy an afternoon of theatre watching the play 'Ladies Down Under' at the beautiful Curtain Theatre in Rochdale. This funny, heart-warming sequel to the enormously successful Ladies' Day, follows the lasses from Hull on their adventures down under. After hitting the jackpot at Ladies' Day in York, the fish filleting foursome – Pearl, Jan, Shelley and Linda – are celebrating in style with the trip of a lifetime to Australia.

Please note there will be several steps without a handrail to access the seats. There is a stair lift up to the theatre or a large flight of stairs to climb. Please note this venue does not have any accessible toilet facilities. All places must be booked in advance.

Ladies that Lunch

Monday 23rd September 12.00pm-1.30pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**



Catch up with other carers over a delicious, freshly prepared lunch. Enjoy a cup of tea, coffee or a soft drink all for free. Please book your space and we look forward to seeing you!

Male Carers Breakfast

Tuesday 24th September 10.00am-11:30am

Queen's Park Café, Heywood, OL10 4UY

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**



Enjoy a hearty breakfast and cup of tea or coffee at the lovely Queen's Park Café. There will be the opportunity to meet and chat with other male carers. New carers always made very welcome. Book your place now!



Book Club

Wednesday 25th September 10.00am-12.00pm
Wednesday 27th November 10.00am-12.00pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

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.



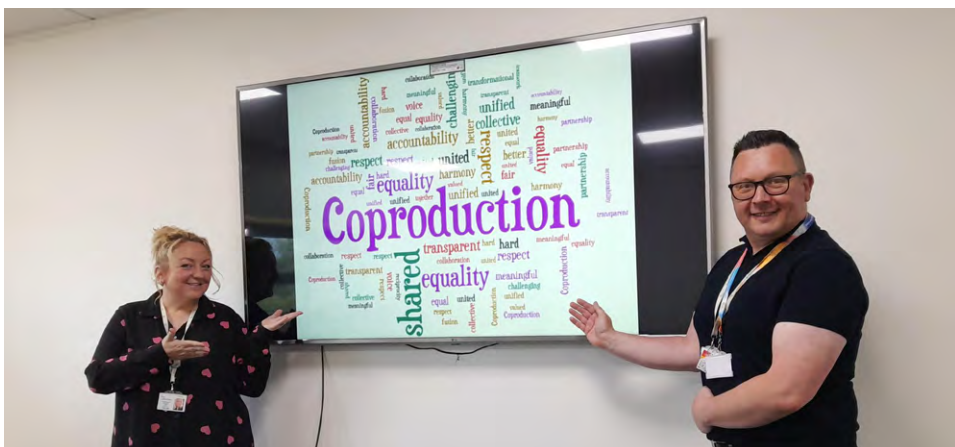
Wellbeing Walk in Springfield Park

Thursday 26th September 10.00am-11.00am (meet at the main car park near the running track at 10.00am or at the main entrance at 10.15am)

Springfield Park, Bolton Road, Marland, OL11 4RE

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

Enjoy being in the great outdoors, feel the fresh air as you join other carers for a walk around beautiful Springfield Park. Stop to look at the flowers, trees and wildlife. Please dress appropriately for the weather and bring an umbrella if it is raining. Please bring a bottle of water.



Your Voice Matters – Co-Production Meeting

Wednesday 25th September 10.30am-12.30pm

Mercure Hotel Norton Grange, Manchester Road, Castleton, OL11 2XZ

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

Finance and Form Filling

You are invited to join the Co-Production Meeting to make a difference to adult care services. We are here to listen to your views and experiences. Your voice really does matter! Book your place now. A free tasty lunch is included. Please see further information on page 22.



Tour of Rochdale Town Hall

(for carers and the person you care-for)

Friday 27th September 1.00pm-2.15pm

Rochdale Town Hall, The Esplanade, Rochdale, OL16 1AZ

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

Explore the newly restored, Victorian Gothic Town Hall right in the heart of Rochdale. The tour will be led by one of the experienced and knowledgeable volunteer guides. You will have the opportunity to explore the rich history as you admire this ornate building. The Town Hall is fully accessible with lifts available.



Lunch at the River Beal Café

Monday 7th October 12.00pm-1.30pm

14 Ladybarn Lane, Milnrow, Rochdale, OL16 4GQ

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: 03450 138 208

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



Gentle Stroll and Lunch

Wednesday 9th October 11.00am-1.00pm

Queens Park Café, Heywood, OL10 4UY

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

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



Pamper Session

Thursday 10th October 10.00am-12.00pm

Rochdale Gateway Leisure, 2 Kenion Street, Rochdale, OL16 1SN TBC

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

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!



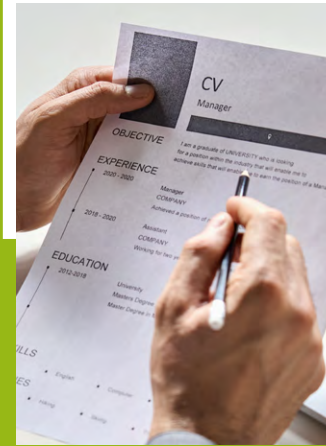
Fatigue Management Workshop

Monday 14th October 1.00pm-3.00pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Feeling exhausted all the time? Come along to this informative workshop with Lyndsey from Springhill Hospice to find ways to reduce exhaustion and manage fatigue. Meet other carers and our friendly staff. Refreshments provided.



CV Writing Workshop

Tuesday 15th October 10.00am-12.00pm

Empire House, College Road, Rochdale, OL12 6AE

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Are you looking to update your CV? Do you want it to stand out to employers? Are you looking for a volunteering role? If the answer is yes, then come along to our informative CV writing session with experts from Rochdale Work and Skills. Refreshments provided. Receive a freebie too!



Caring Minds Group

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

Wednesday 16th October 10.00am-12.00pm

Wednesday 11th December 10.00am-12.00pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

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.



Cream Tea at The Norton Grange Hotel

(for carers and the person you care-for)

Thursday 17th October 2.00pm-3.15pm

The Norton Grange Hotel, Manchester Road, Castleton, Rochdale, OL11 2XZ

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

A delicious selection of cakes and scones will be on offer to accompany your choice of tea or coffee. You can bring the person you care for to this event. Please be sure to book your place as spaces are limited.



Parent Carer Halloween Afternoon Tea and Games

(for parent carers and the person you care-for)

Thursday 31st October 1.15pm-2.30pm

Stanycliffe Social Centre, Stanycliffe Lane, Middleton, M24 2PB

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

A delicious afternoon tea with a spooky twist will be served to you and the person you care for. Meet and chat to other parent carers. Our friendly Events Team will be on hand if you would like to join in a game or two! Parent Carers provide support to their children, including grown up children, who couldn't manage without their help.



Beginners Crochet Workshop with Erica

Tuesday 22nd October 10.00am-11.30am

Heywood Magic Market, York Street, Heywood, OL10 1LT

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Have you ever wanted to learn to crochet? If so, here is your chance! Come along to the Coffee and Chat and learn to crochet. No experience or equipment needed. Enjoy a cup of tea or coffee as you learn a new, relaxing skill. We hope to crochet squares to make into a sensory blanket.



Lunch at MIND Cafe Middleton

Monday 11th November 12.00pm-1.30pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Enjoy a tasty lunch at the lovely Mind Café in Middleton. There is a wide selection of food to choose from, enjoy a tea or coffee or cold drink too. Please book your space and we look forward to seeing you.

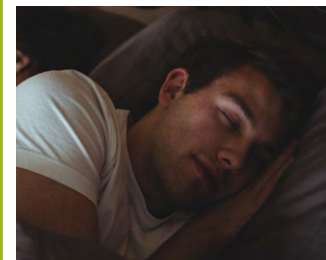


Online Craft Session with Erica

Monday 28th October 2.00pm-3.30pm On Zoom

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Erica, from Creative Health & Wellbeing, will be hosting our popular online craft session where everything you need for the session will be delivered to your home. You will create a beautiful painting on canvas using acrylic markers. No experience necessary.



Sleep Workshop

Monday 11th November 1.00-3.00pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Join Lyndsey from Springhill Hospice as we gain valuable tips to aid sleep. You will be given some free sleep related goodies. Enjoy meeting other carers over a cup of tea or coffee at this informal yet informative session.



Male Pamper Session

Thursday 14th November at 10.00am-12.00pm

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

For this free event please book your place by: emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Male carers, it is your turn to be pampered! Book your place on this free session to get a haircut and experience a stress-relieving shoulder or head massage. Have a chat with other carers as you unwind with a cup of tea or coffee.



Card Making Workshop

Thursday 14th November 10.30am-12.00pm

River Beal Café, 14 Ladybarn Lane, Milnrow, Rochdale, OL16 4GQ

For this free event please book your place by: emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Relax and unwind as you enjoy a wonderful card making session at the beautiful River Beal Café in Milnrow. Linda will show you how to make either a beautiful Christmas card or a card for a special occasion. There will be two different colours to choose from for each design.



Carers' Rights Day

(for carers and the person you care-for)

Thursday 21st November 10.00am-12.00pm

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

For this free event please book your place by: emailing: events@rochdalecarers.co.uk or calling: 03450 138 208



Meet a wide range of local agencies who can offer help, advice and support. Gain valuable information, a freebie or two and stop and have a brew, a biscuit and a chat.



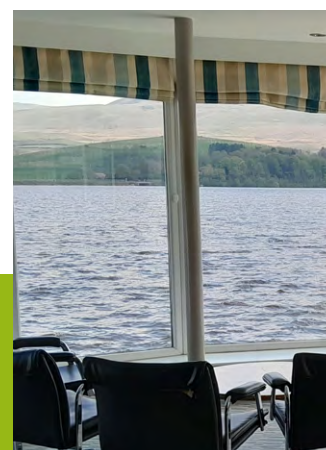
Male Carers Breakfast

Tuesday 26th November at 10.00am-11.30am

Harvester Sir Winston Churchill, 710 Bury Road, Rochdale, OL11 5HW

For this free event please book your place by: emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Enjoy a delicious, cooked breakfast with your choice of tea or coffee. Meet other male carers and relax and chat whilst your food is prepared. Please book your space.



Relaxation Session

Thursday 28th November 10.00am-11.30am

Hollingworth Lake Sailing Club, Lake Bank, Littleborough, OL15 ODQ

For this free event please book your place by: emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

This is time for you to relax and forget about the outside world. You can expect calming music, gentle stretches, twinkly lights, healthy snacks, calming breathing and beautiful views out over Hollingworth Lake. Book your place to relax and unwind.



Christmas Wreath Making

Monday 2nd December 10.00am-12.00pm

Hollingworth Lake Sailing Club, Lake Bank, Littleborough, OL15 ODQ

Thursday 12th December 10.00am-12.00pm

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

For this free event please book your place by: emailing: events@rochdalecarers.co.uk or calling: 03450 138 208

Using fresh natural foliage, create a beautiful Christmas wreath that you can take away. Enjoy chatting to other carers over a cup of tea or coffee as you make a wonderful professional-looking wreath.



Make a Gingerbread House

(for carers and the person you care-for)

Tuesday 3rd December 1.30pm-2.45pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Make a gingerbread house, decorate with icing and sweets and take home to enjoy! Will your house stay up? We'll have a fun time trying our best to make our creations the best they can be. Book your place for this fun, free, creative session.



Santa Stroll and Lunch

Wednesday 4th December 11.00am-1.00pm

Queen's Park Café, Heywood, OL10 4UY

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

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



Gift Wrapping Session

Thursday 5th December 10.00am-11.30am

Hollingworth Lake Sailing Club, Lake Bank,
Littleborough, OL15 ODQ

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Learn some creative gift-wrapping skills to impress and delight. With beautiful ribbons, pretty adornments and lovely paper, your gifts are sure to look amazing! This is a fun, relaxed session with beautiful views of Hollingworth Lake.

Mince
Pie +
Hot
Drink



Card Making using Geli-Plate Printing

Friday 6th December 10.00am-12.00pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Come and join us to learn a new creative technique, geli-plate printing is easy to do but looks wonderful! This effective technique is popular with card makers and will make beautiful Christmas, or other greeting cards. Using leaves and natural objects, Erica will guide you to create a beautiful colourful design.



Christmas Special Event

(for carers and the person you care-for)

Monday 16th December 10.30am-12.30pm

Rochdale Masonic Ballroom, Richard Street, Rochdale,
OL11 1DU TBC

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Our wonderful entertainers from last year join us once again for a sing-along and dance (if you would like to). Join us in the magnificent Masonic Ballroom as we enjoy a Christmas to Remember and a delicious lunch. Please book your place, we look forward to seeing you at this beautiful venue (with onsite parking).



Aashiyana Carers Lantern Making Workshop

Thursday 19th December 10.00am-12.00pm

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

For this free event please book your place by:
emailing: events@rochdalecarers.co.uk
or calling: **03450 138 208**

Make a beautiful light-up lantern using natural materials. Enjoy a cup of tea, and a samosa or two. A wonderful opportunity to catch up with other carers and be creative.



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:
Wednesday 25th September
10.30-12.30
Mercure Hotel,
Norton Grange, OL11 2XZ
The theme for this meeting will be:
Finances & Form-Filling
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>



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Zoom activities for 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. Simply click the links or scan the QR code with your phone camera to join, or type in the Meeting ID and passcode.

All events are free and are for carers registered with Rochdale Carers' Hub

Distance Reiki with Jo Fellows

Every Wednesday 2.00pm - 3.00pm*

Meeting ID: 838 2535 1303 Passcode: 73364

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.



Scan to join

Seasonal Flow Yoga with Jo Thorne

every Wednesday 6:15pm-7.30pm*

Meeting ID: 892 6497 0582 Passcode: 030426

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.



Scan to join

Yoga Nidra with Maxine Reid

Every Thursday at 7pm

Meeting ID: 870 8007 6510 Passcode: 455916

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



Scan to join

*Subject to change.

Carers Help and Talk (CHAT) Line 0330 022 9490

Do you sometimes feel like you just need to pick up the phone and talk to someone? Do you feel like you would benefit from a listening ear, the chance to offload, emotional support or just a friendly chat? You can call our Carers Help and Talk (CHAT) Line and speak to one of our Volunteers Our CHAT Line is available 24 hours a day, but if your call is not immediately answered by one of our Volunteers, please try calling again at a different time.



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

Do you have a disability?

Are you a parent of a Disabled child or adult?

If so, use this website to save time finding Disability Grants. Charities and Trusts provide funding towards the high cost of disability equipment, holidays, housing, days out... in fact anything above and beyond the normal costs of everyday living.

Searching for extra funds takes time, in between work, hospital appointments, caring, therapies...

disability grants

Helping you Find the right grant



Carers' Hub News and Information

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

Carefree

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 all 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.

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 e.g., names, telephone number, address, email) or if you are no longer 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 Officer – 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?

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



Other Events, News and Useful Information...



Young Carers enjoyed a visit to Thank Axe Throwing



YOUNG
carers'
HUB

Rochdale

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. Recently the Young Carers have taken part in lots of fun activities including Axe Throwing, a Chippy Walk, Laser Tag, Indoor Climbing, Bird Box Painting, a visit from a Mobile Zoo as well as the fantastic Moss Street Young Carers Group that meet once a month.

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

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**

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, Alkington Hardfield Rd, Middleton, M24 1TQ
6:00 PM	Zumba	£3.00	Stanycliffe Social Centre Stanycliffe 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	Stanycliffe Social Centre Stanycliffe Lane, Middleton, M24 2PB
7:15 PM	Pilates	£3.00	Stanycliffe Social Centre Stanycliffe Lane, Middleton, M24 2PB
Wednesday			
10:00 AM	Fun dance	£3.00	Stanycliffe Social Centre Stanycliffe 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, Alkington Hardfield Road, Alkington, Middleton, M24 1TQ
Group Led Walks – FREE!		Learn to Cycle – FREE!	
		Walking Football	

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

Are you caring for someone with Young Onset Dementia?

If so, we would like to hear from you. We would like to discuss ways we can support you in your caring role. Please contact Rochdale Carers' Hub by calling: **03450 128 208** or emailing: enquiries@rochdalecarers.co.uk



DementiaUK
 Helping families face dementia

An estimated **7.5%** of people living with dementia in the UK are living with Young Onset Dementia.

www.dementiauk.org defines Young Onset Dementia as 'when symptoms develop before the age of 65, usually between 30-65 years of age. It is also referred to as 'Early Onset' or 'Working Age' dementia.

Young Dementia Network is an online community of people living with young onset dementia, their family and friends, as well as professionals working in the health and social care and voluntary sector. The 'News and Webinars' section of the Young Dementia Network website has some informative webinars which can be viewed at your convenience focusing on navigating young onset dementia from pre-diagnosis onwards.

www.youngdementianetwork.org

Carers' Hub Rochdale Social Media and Information Platforms

Our Facebook page and groups are going from strength to strength. We now have more than 1,000 followers to our page which is full of information and articles of interest to carers. Please have a look at and "like" and "follow" our Facebook page by logging into Facebook and searching for Carers' Hub Rochdale, or by following the link:

www.facebook.com/Carers-Hub-Rochdale



You can also join one of our closed groups for adult and young carers which we keep updated with activities and events across the borough and will also ensure that any news or offers are posted here. To join the groups, you should be able to find them within the page, or search for "Rochdale Adult Carers" or "Rochdale Young Carers Hub"

Rochdale Adult Carers



Rochdale Young Carers Hub



Carers' Community Network Platform

This is a virtual community where you can meet other carers, share ideas, experiences, sources of information and support each other through these difficult times by being able to talk about the issues that are most important to you. You can also share some of the tips that have helped you to manage your wellbeing. We have cookery rooms, gardening rooms, photography rooms and so much more.

It only takes a minute to sign up and once you have done this, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 2,100 active members who are looking forward to connecting with you!



*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.

Useful Numbers

Carers' Hub Rochdale	03450 138 208
CHAT Line (to speak to a volunteer who will offer a listening ear)	0330 022 9490
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
NSPCC	0808 800 5000
Emergency Duty Team (In an Emergency and outside office hour including bank holidays)	0300 303 8875
Rochdale Citizens Advice Bureau Advice Line	0300 330 1153
Greater Manchester Public Transport (Disabled Travel Pass)	0161 244 1050
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
Rochdale Link4Life (Leisure and Sports)	01706 926232
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 7847

Your Feedback

carers'
HUB

Rochdale

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 **03450 138 208** or email **enquiries@rochdalecarers.co.uk**



If you would like to read any part of this newsletter in large print, please call **03450 138 208** or email **enquiries@rochdalecarers.co.uk**

Please note that whilst The Carers' Hub Rochdale does our best to print accurate information; times, dates and venues may be subject to change, and you are advised to check on our Facebook page or call before attending. Every care has been taken in the publication of this newsletter. However, The Carers' Hub Rochdale 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.