

Gaddum ... Carers

29 April edition

Hi, I'm Gaddum.

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

How are you doing?

As we come up to our 6th week in lockdown in the UK, many of us are feeling the pressure and strain. The team at Gaddum have been coming up with all kinds of ways to keep ourselves, our colleagues and our service users well.

Whether it's sharing pictures of what our families (and pets) have been up to, the hobbies we've been doing or the food we've been cooking, the big thing for us is making sure we stay connected.



But it's OK if you're not OK.

We are all coping with the current situation as best we can, and it's OK if you need some help. There are lots of services available to you if you need help with your emotional well being or your mental health at the minute...

Silvercloud.

Silvercloud is an online tool to help you manage your mental health.

It's available to anyone over the age of 16, and can help you manage stress, sleep better, and build resilience. You can learn more about it and sign up [HERE](#)

SHOUT 24/7 Crisis Support.

This [free text messaging helpline](#) is a private, silent and trusted way for anyone experiencing mental health challenges to find a safe space to seek help and support. You can send a text message any time of day or night wherever you are – every conversation is with a human being. It's free, you don't need an App or any data, it's confidential and won't show up on your phone bill*. In Salford just text GMSalford to 85258.

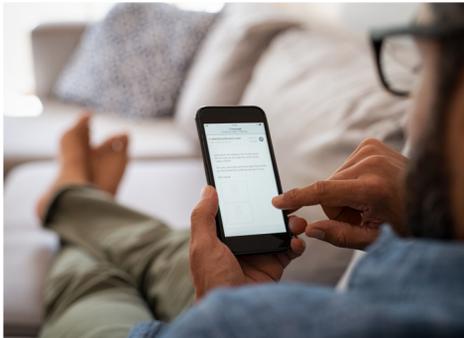
*SHOUT says: "It's free and confidential to text our service from the following major networks: EE, O2, Three and Vodafone. These include – BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some Android phones issue a warning that you will be charged for texting us. Provided you are on one of the networks listed above, this warning is incorrect and you will not be charged. If you text us from a network that is not on this list there is a possibility that you may be charged for the messages and that they may appear on your bill. This applies to a very small minority of operators. It is not possible to text the service from some networks, which do not provide the capability to message short codes. These include Lyca mobile. If your message will not send, or if you do not receive an automated message in response, it is an indicator that the service is not working. If in doubt, please contact your mobile phone network before texting, or email info@giveusashout.org"

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Kooth.

Kooth is an online mental health service for children and young people age 11-18. It has live chat and messaging functions, forums, an online magazine as well as self-help and crisis information.



North West Boroughs Health Care NHS Foundation Trust.

Have produced a guide to coping during the coronavirus outbreak for people with learning disabilities and/or autism.

If you would like us to email you a copy, please contact us at salford.carers@gaddum.org.uk

Spirit of Salford.

As well as helping with the practical stuff, the Spirit of Salford Helpline is also here to help if you if you need support with your mental health, they say:

“We have arranged mental health support with a new Salford mental health collaborative, Beyond, for people not known to the Greater Manchester Mental Health NHS Foundation Trust. Beyond can put you in touch with:

- Online self-help and wellbeing support
- 1:1 support
- Help to adapt or develop a new routine when self-isolating/social distancing
- Talking therapies support

If you are already known to a Salford community mental health team, or you have a care co-ordinator (for example a Community Psychiatric Nurse) please ring the Greater Manchester Mental Health NHS Foundation Trust telephone line on 01204 483071.”

The Spirit of Salford Helpline is available 8:30am to 6pm Mon-Fri and 9am-1pm on Saturdays; Call 0800 952 1000 or you can find out more about the help available [HERE](#).



Headspace.

Headspace are offering some free support on their App.

It's called Weathering The Storm, and includes meditations, sleep and movement exercises.

What's working for you?

We are sharing up to date information and news, as well as boredom busting ideas on our social media. We would love to see what you have been doing; have you organised a virtual quiz for friends? Taught your pet some new tricks? Baked some amazing cakes? Give us a follow on Instagram, and why not tag @hi_im_gaddum in your lockdown activities.

