

Gaddum ... Carers

Hi, I'm Gaddum. Let's chat.

You may be feeling a little unsettled at the moment with so many changes happening. You are not alone and the team here at Gaddum are here to help. Our team are working our usual hours but just a little differently from our homes to keep everyone safe.

Do you need some support?

Our team are still here to support you, we are still accepting new referrals and re-referrals. If you need to talk about your caring role and what help is available, please call us on 0161 834 6069 (choose the option for 'carers', then the option for 'Salford'). If one of our support workers is not available, we will take your details and get someone to call you back as soon as possible.

You can also email us at salford.carers@gaddum.org.uk

'They return the love around here, don't they?'

Guy Garvey

Spirit of Salford Network

The Spirit of Salford Network is a collaboration of lots of different organisations and volunteers across Salford, and it's here to help you during these challenging times. Whether it's practical help while you are self isolating, or support with your wellbeing, the Spirit of Salford is here for you. There is a dedicated Helpline available 8:30am to 6pm Mon-Fri and 9am-1pm on Saturdays;

Call 0800 952 1000 or you can find out more about the help available [HERE](#).



0161 834 6069 | salford.carers@gaddum.org.uk | gaddum.org.uk

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How are you doing?

You may be feeling a little unsettled and worried at the moment with so many changes happening. You are not alone, as well as the Carers Service at Gaddum, there are a range of services available to help you at the moment.

Keep this list of numbers handy, in case you need any help.

Money advice and Welfare Benefits

Universal Credit: 0345 328 5644

Salford Welfare Rights: 0800 345 7375 (Mon-Fri 10am-12pm)

Citizens Advice Bureau: 0300 3309 074 (Mon-Fri 9am-4pm)

Need to talk?

Salford Women's Aid: 0161 793 3232

NSPCC: 0808 800 5000 (24H)

Cruse (bereavement support): 0800 808 1677 (Mon-Fri 9am-5pm)

Action on Elder Abuse: 0808 808 8141

Childline: 0800 1111 (24H)

Respect – Men's Advice: 0808 801 0327

Mind: 0300 123 3393 (Mon-Fri 9am-6pm)

National Domestic Abuse Helpline: 0808 2000 247 (24H)

Victim Support: 0808 168 9111 (24H)



Protecting yourself against scams.

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

Be a good friend, help to protect your family, friends and neighbours from scams.

Read it. Share it. Prevent it.

#Coronavirus
#ScamAware



Contact

For advice on scams call the Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

NATIONAL TRADING STANDARDS

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

Here is some great advice from National Trading Standards about how you can keep safe from scams. There is more information on their website [HERE](#).