

# Gaddum ... Carers

## Hi, I'm Gaddum. Let's talk about Salford Carers.

**Our team is working remotely during social distancing, but that doesn't mean our work stops. It just means we get extra creative...**

### **About the service**

Unwaged carers are often looking after loved ones simply because they care, but they have a tough job. Being a carer can be stressful and leaves very little me time.

Gaddum Salford Carers give help and support to those individuals helping and supporting others of all ages.

### **Who is a carer?**

A carer is anyone who cares, unwaged for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age. Young carers we support can be as young as 3 years old up to 18 years of age and they then transition if appropriate to our adult carers support service.

Many carers do not consider themselves to be a carer; they are just looking after their mother, son, or best friend, just getting on with it and doing what anyone else would in the same situation. Carers are extremely important within families and communities and often help those they care for to live independently for longer. Unwaged carers have a tough job – it can mean unrelenting pressure, little chance to relax and a lot of worry.



**“I cannot thank Gaddum enough for their support during these past couple of difficult week's”**

Quote recieved by a carer who had recently been struggling with accessing carers allowance.

**Would you like to know more or refer someone?**

**Let me know...**

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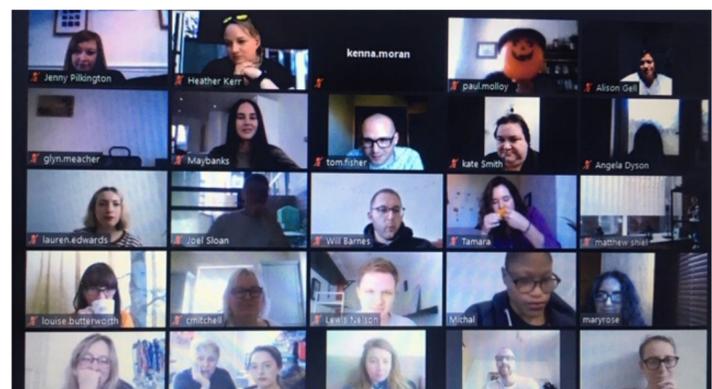
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## What does this service include?

- Our team can offer 1-to-1 information, advice and emotional support, and we can signpost you to other services and support carers to access a Carers Assessment.
- We offer a 'safe' outreach services across the city, as well as working with a host of partners in health, social care and the voluntary sector to make sure that carers are identified and supported in a timely way.
- We support carers to set up and run your own peer support groups and we run a number of carer focus courses each year. - Virtual groups and courses are coming soon!
- We have an award winning young carers and young adult carers service which works closely educational providers in the Salford and other youth service providers; our support is for the whole family.
- We work with other non statutory partners in the city, such as the Lowry Theatre, to ensure we can support carers tackle poverty and isolation.
- Offer limited funding to connect carers at this time with a mobile phone, tablet, phone credit.
- We also support people who care for someone and they have been admitted to Salford Royal Hospital or if someone has been admitted and normally care for someone. This includes support throughout the discharge process.

## Getting remote & personal.

The team have pulled together to provide services to unwaged carers around the city for a number of years and will continue to do so during and after Covid-19.



## Additional support during Covid-19.

- Weekly newsletters and updates from the service available on our social media site and our website.
- Online training coming mid May for carers including support when a caring role ends.
- A children and young people resource for families who experience a death during Covid-19.
- Wellbeing sessions 1:1 and group led. (virtually, so don't worry)
- Increased presence online on all social channels- search Gaddum on FB, Instagram and Twitter giving advice and support.
- Young Carers takeover with Who Cares? A campaign to support young people who are carers.