Gaddum
...Carers

15 May 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

Age UK Update

Age UK Salford continue to offer welfare check calls and Zoom sessions for anyone registered with them and would usually attend their day centres.

Their national Call in Time telephone befriending service is also continuing to take new referrals.

They will work to match an older person and a volunteer for a weekly 30-minute chat. The service is free of charge and referrals can be made by calling 0800 434 6105. There's currently a 6-8 week wait for matching because of demand.

Michal's Socks

Michal one of our Support Workers, has taken up knitting during the lockdown. She's following the Winwick Mum's sock knitting pattern, knitting her first ever sock. She said "I'm already eyeing up sock yarn and new jazzier patterns. My family have decided they all want knitted socks so I'm going to be busy until Christmas!"

You can join the Sockalong and download the tutorial for free from here.

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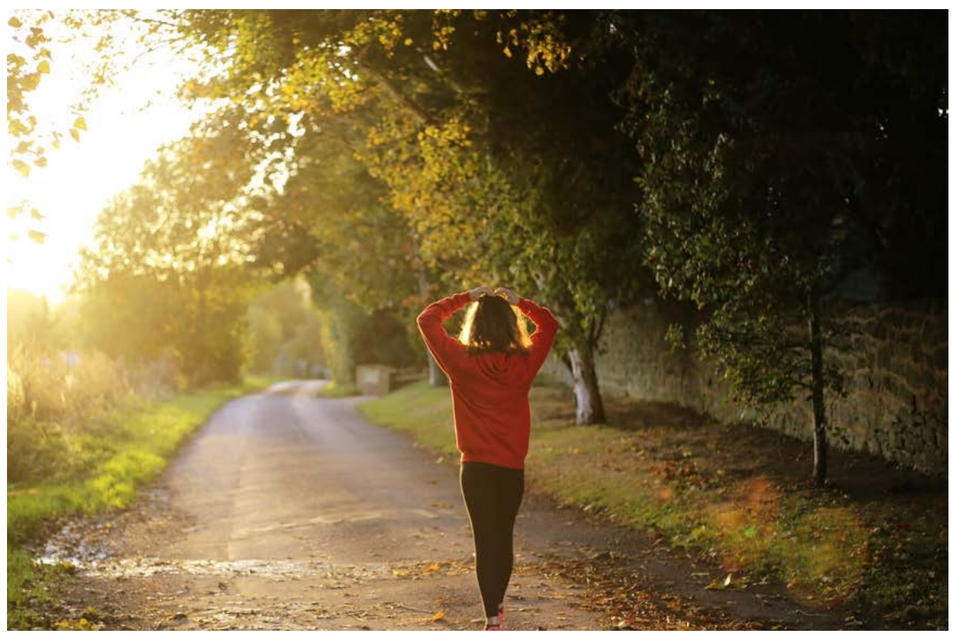
Clap Of Honour For Lee

Salford Royal patient Lee Seddon is finally home with his family after recovering from Coronavirus. Lee was greeted by his wife Rachel and dozens of hospital staff members, who gave him a 'clap of honour' as he was discharged.

You can watch the short clap of honour video here



If you'd like to take part in future walks, you can contact us and add your name to our ever-growing list.

Stepping Out Walk

Stepping out are busy making plans to run Stepping Out Lightly - modified walks incorporating all necessary safety precautions.

They've also added a new short film to their website which focuses on how important the walks have been in improving the wellbeing of Carers across Salford and Greater Manchester. You can watch the short film here.

Do you have some news to share?
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Online Safety

While everybody is self-isolating and socially distancing, getting online has been a great way for us all to keep in touch with family and friends. It's good to remember that there are people who use the internet to spread extreme ideas, which children or vulnerable adults can be exposed to.

The Let's Talk About It website provides more information about staying safe and alert online:
If you do have concerns about an individual, you can also contact Greater Manchester Police on 101 or email channel.project@gmp.pnn.police.uk

Stay Connected

Join Jeanie and Aneesha as they share with you, some great ideas for keeping connected whilst at home. This session will look at;

- Methods of communication
- List different applications people can use (free of charge)
- How to download and use these applications/sites

To book a place or receive support on how to access this session, please give us a call.

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Coronavirus support

The most up to date information on coronavirus can be found on their website

Please check the website regularly as it contains advice for carers and vulnerable people.

NHS 111 have an online questionnaire to help you determine if you have symptoms of coronavirus. They also offer guidance on getting isolation notes to show your employer. If you or a family member becomes ill, whether from coronavirus or not, it is important to make sure that you still contact your GP, 111, or in an emergency, 999. Please don't let worries about coronavirus stop you from seeking medical treatment. Many GP services are now offering web chats and telephone consultations so you can access medical advice without compromising social distancing rules.

Mental Health Tips

It's always important to take care of our mental health. The Mental Health Foundation has put together lots of information about looking after our mental health during the current Coronavirus outbreak.

They offer tips for children, to parents and older people; as well as tips on nurturing relationships and how being kind can help you and others at this time here.

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Lou's Challenge

Louise, one of our Support Workers is taking part in a Virtual Fitness Challenge known as 'Le Jog' - a massive 1,083 mile journey travelling virtually from Lands End to John O'Groats.

She's sent us virtual Postcards along the way and has so far "visited" Plymouth, Durdle Door, Salisbury, Oxford, Stratford-Upon-Avon, Coventry, Leicester, Sherwood Forest, Nottingham and Sheffield and is currently in the Lake District. She's cycled and ran 536 miles in and around her local area, during her daily exercise! Lou said "I enjoy running and cycling because it helps my physical and mental wellbeing. Being physically active gives your brain something to focus on and can be a positive coping strategy for difficult times and give you time to reflect on situations and clear your head."

Mission Very Possible

Inspired by Lou's amazing adventures, our team at Salford are taking part in our very own virtual challenge 'Mission Very Possible'.

This week, we're virtually climbing Big Ben. We'll each have to climb our stairs 42 times or take 632 steps.

Would you like to take part? Share your photos with us and we will let you know how we do.

Free BSL Sign Language Classes

Want to learn a new language? The National Deaf Children's Society are offering free weekly British Sign Language classes. The classes will be delivered online over the course of 12 weeks on their YouTube channel here.

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Dementia & Coronavirus

The Alzheimers Society has answered some of the most commonly-asked questions from people affected by Dementia during the Coronavirus outbreak here .
They've covered topics on things like supporting somebody with Dementia in a care home and how to stay in touch if you can't visit. As well as activity ideas and how to support someone from a distance.

Carers Assessments For Parent Carers

Despite what's happening in the world, referrals for Carers assessments are still being accepted and assessments are still going ahead. The only thing that's changed is how the assessments are carried out.
Instead of a Social Worker or Family Support Worker visiting your home or meeting you in the community, they will call you and give you the opportunity to talk about your needs as a carer; and a chance for you to talk openly about the things you need to make it easier to care for your child.
If it's been twelve months since you were last assessed, things have changed significantly or you've never had an assessment as a Parent Carer, we can support you to access an assessment.
You're entitled to an assessment regardless of how much or the kind of care that you provide, how much you earn or your level of need for support.

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Essential numbers:

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)

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 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.

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