

## Gaddum here. How are you?

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](mailto:salford.carers@gaddum.org.uk)

### Talk About Loneliness

Loneliness can affect us all at some point in our lives and with Coronavirus making it difficult to spend time with those we care about, we think it's time to start talking more about how it affects us. The [#letstalkloneliness campaign](#) is working to tackle the loneliness many of us face.



### Making Headspace

[Headspace](#), the online mindfulness and meditation app are offering a free 30-day trial; to give us the tools and resources to be help us to take a moment to breathe, sleep more soundly and look after our minds and mental health. If you're unemployed or an [NHS worker](#), you can access a years' free Headspace Plus subscription.

# Gaddum ... Carers

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

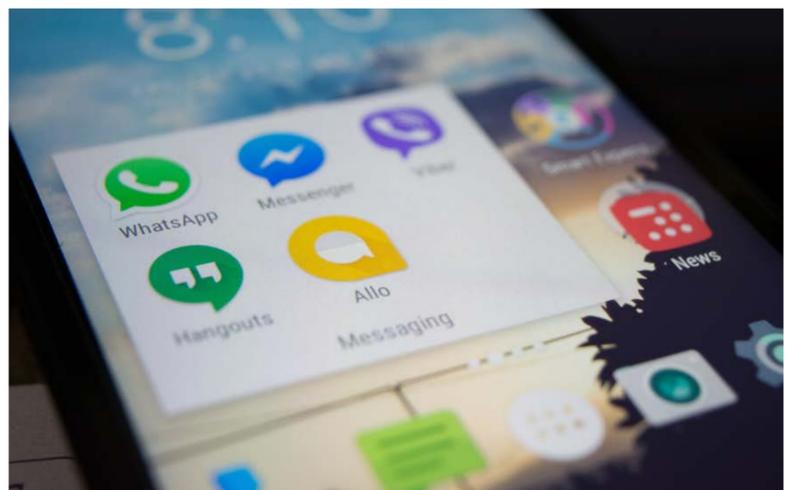
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### GOV.UK WhatsApp Service

You're now able to access the most up-to-date benefits and support information from the DWP via your smart phone, using the free messaging service WhatsApp.

The service was launched to help combat the spread of incorrect information and to make the correct information easily accessible to everyone.

Simply message 'Hi' in a WhatsApp message to 07860 064 422.



### Struggling because of Coronavirus?

If you or someone you know is struggling because of Coronavirus, visit [GOV.UK service](#) to find out what help may be available.

There's information about:

- Going to work
- Feeling unsafe
- Getting food
- Paying bills or being unemployed
- Having somewhere to live
- Mental health and wellbeing

Remember, we're always here to support you, whatever you're going through.



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### Lou's Challenge

This week, Lou's made it to The Yorkshire Dales on her virtual challenge, Le Jog, a place she's visited many times before, hiking around Malham, climbing Gordale Scar, visiting White Scar Caves and the Wallace and Gromit Cheese factory in Hawes - where she had the pleasure of seeing the 'Naked Rambler' wander past with his boots, socks and rucksack on. 645 miles down and 438 to go...



### Mission VERY Possible

Our team took their challenge and ran with it last week, right to the top of Big Ben and beyond.

After climbing 282 floors collectively, we managed to scale the height of the CN Tower in Toronto, Canada with a Forth Bridge on top!

**Do you have some news to share?**

**Get in touch**

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## Coronavirus testing

Coronavirus testing\* is now open and available to book for anyone 5 and over who is currently experiencing symptoms.

You can book a home test or a regional drive through test centre (by appointment only). To attend a drive through test centre, you or the person you live with must have a car.

**As an unwaged carer, there's a different way you should ask for a test as you're included in the Government's list of essential workers. (You're still counted as an unwaged carer even if you're receiving Carers Allowance).**

\*This not the same as an antibody test which tells you if you have already had Coronavirus, as this testing isn't currently available.

## Michal's Reading

Spending so much time at home, Michal picked up a book she has owned for 10 years to read. She said "House of Leaves is a book detailing a documentary about a family who live in a house that's bigger on the inside than it is on the outside. Before you think "I could really use that right now", hold that thought - it is terrifying! The format is so unique and uses typography, footnotes and even codes to tell its story and considering I have owned it for over ten years and not finished it, I think I'm being a bit ambitious..."



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## Carers Week

8-14 June

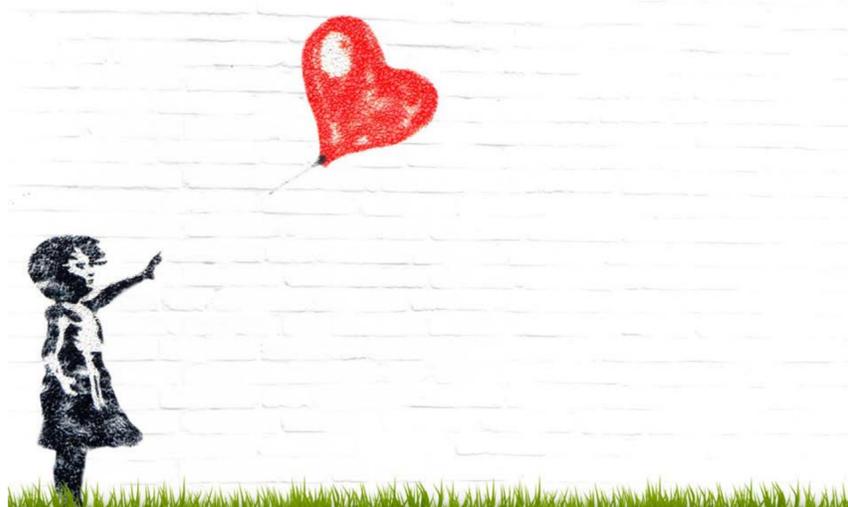
This year's theme is Make Caring Visible, we will be doing this by supporting you to share your story, to be heard and be seen.

Let us know what making caring visible means to you. Express yourself in video, voice clips, photos, art, writing and send them to us.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unwaged carers face, and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

## A Fond Farewell

Tamara, our lovely Student Social Worker leaves us this week and we just want to wish her a fond farewell and good luck on her journey. Tamara spent her pre-lockdown lunchtimes leading yoga sessions for team - it's been lovely working with her.



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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)

Salford City Council

If you need to self-isolate and need help, call **The Spirit of Salford Helpline** on

 **0800 952 1000**

(Monday – Friday, 8.30am – 6pm).

Or go to [www.salford.gov.uk/spiritofsalford](http://www.salford.gov.uk/spiritofsalford)



## 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](#).

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