

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

Join Our Carers Coffee Morning!

Do you want to take part our monthly coffee morning meet ups?

Join me every first Tuesday of the month, 11am-12pm for a virtual chat and connect with us and other carers. These coffee mornings will be delivered by video call.

We know how stressful this time has been for you and your loved ones. Being an unwaged carer looking after loved one simply because you care can be a tough job and leave very little me time. Just give us a call if you want to sign up. Or send an email to salford.carers@gaddum.org.uk



Pet Of The Week

This week we would like to introduce you to Luna, a 2 year old goof ball, who also goes by the names Loony, Lune dog and 'errr, what do you think you're doing!?!'. She is a mix between lab/collie, husky and staffy. She loves human attention and her favourite thing to do is making a mess destroying tennis balls and pretending she knows nothing about it.

Do you want to show us a photo of your pet that's been keeping you company? Send us an email to salford.carers@gaddum.org.uk

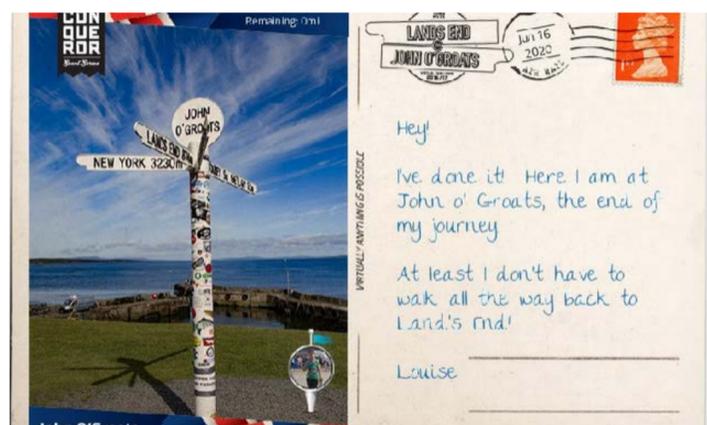
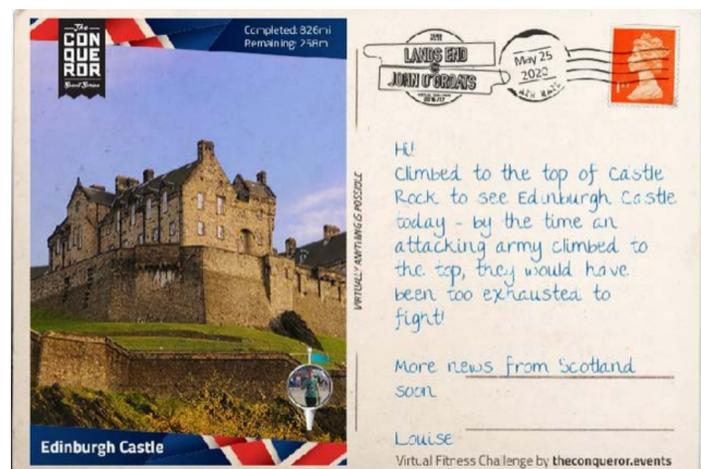


Gaddum ... Carers

Louise's Marathon

Lou finished her LeJog marathon journey- completing 1,084 miles in 69 days!

Louise has done a mix of running - 258 miles and 826 miles of cycling! Since our last update she cycled along Loch Ness and Urquhart Castle which has amazing views across Loch Ness. She passed Glenmorangie distillery and Dunrobin Castle. She has now got her sights set on Route 66 which is a 2280 mile journey!! GO LOU.



New Member Of Staff

This week we are welcoming our newest student social worker Tutu.

Tutu said "I already feel part of the team, as I have had a warm welcome. I have had the opportunity to individually meet most of the team virtually. As part of my training I have been placed with the Adult Carer Service, but may be involved with Young Adult, Young Carers or the Carers Liaison and Discharge Support. I must say here that I am happy to be part of Gaddum as I believe I will be gaining a rewarding and valuable experience during my time at Salford Carers.

I am passionate about helping people. I will continue to make more positive impact in people's lives, making a difference in my community and in the society at large".

Create to Connect Campaign - Get Creative

Are you running out of ideas and activities to keep the family distracted?

Find out how to craft a mug cosy, make a bird feeder, or even start your own lockdown orchestra through Create to Connect. There are free downloadable activity packs [here](#) for families and teachers.

The Get Creative Festival has moved online. You can check out their pages and see what everyone got up in May with each days different creative challenge posted-have a look and get some ideas for family! There are over 200 activities listed now on the website, including masterclasses by leading artists including Sir Antony Gormley and features artist Clare Twomey. [Click here](#) to download their activity pack.

Gaddum ... Carers

Know Your Rights As A Renter

The ban on evictions has been extended by the government for two months to protect renters further.

This means the government has suspended any new evictions until the 23rd August meaning that if your landlord hasn't been to court to evict you, you won't have to leave your home. The only exception is if your landlord applied to the court before the 27th March for you to be evicted and has already arranged for someone to enforce the order, such as a bailiff you cannot be evicted.

Even if your eviction is still going ahead it's important to speak to somebody who can help you. Although face to face advice is unlikely at the moment, there are people at the end of the phone waiting to offer advice, support and information. If there is a threat of you being evicted from your home, whatever the reason here is a list of services to help:

[CAB – Salford](#)

[Contact Shelter](#)

[Salford Housing Options Point](#)



Playground For Children Who Have A Disability

Book a slot in the community playground for free!

Springwood Primary School are opening their community playground for children who have a disability. It is open for one family at a time and the playground will be cleaned between each family and will be locked at all other times.

The playground can be booked for a 40 minute slot on week nights between 4pm-6pm with Saturdays and half term between 9am-4pm.

You can book emailing altpro@salford.gov.uk or telephoning Gemma on 0161 686 5240. They will give you a pass to access the play ground. If you have any other questions or want to check if it would be suitable for you can discuss this when you make your booking.

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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)

Salford Housing Options: 0161 793 2020 (Mon-Fri 8.30am-4pm)

Shelter: 0808 800 4444 (Mon-Fri 8am-8pm, Sat-Sun 9pm-5pm)

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)

The Spirit of Salford Helpline

 **0800 952 1000**

(Mon - Fri 8.30am - 6pm, Sat 9am - 1pm)

www.salford.gov.uk/spiritofsalford



Salford City Council

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](#).

Do you have some news to share?

Registered charity: 507162

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Get in touch