

Gaddum ... Carers

13 July 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

Grow Your Own

Lots of people have taken to spending more time in their gardens and 'growing their own' lately. But you don't need a big garden or even any outdoor space to get involved.

Did you know you can regrow spring onions? Simply slice off the bulbs (leave the roots attached). Stand them in a small jar or water (even an egg cup) root down and watch! In just a few days, shoots will start to grow again for you to snip off and eat. Just keep the water fresh and the roots moist and you might never have to buy a spring onion again!

If you've got a sunny spot on a window sill in your home, Basil loves the sunshine.

Our very own Aneesha has been growing her own from seed. But even if you don't fancy getting your hands mucky, a shop-bought plant kept in the sun and watered can last and regrow. Just pick the smaller leaves from the plant and it will continue to produce gorgeous, fresh basil leaves for eating in salads and cooking.



Carers Coffee Morning

We'd love to see you at our monthly coffee morning meet ups. Join us the first Tuesday of the month between 11am and 12pm for a virtual chat, and connect with us and other carers. These coffee mornings will be delivered by video call, but don't worry, we can talk you through the technology if you need us to, just give us a call.

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NHS Volunteers Are Still Responding

The NHS Volunteer Responder scheme will remain in place and will continue to support everyone who needs their help during the COVID-19 pandemic, even as restrictions are eased.

The scheme will continue to accept new referrals, with volunteers are ready and waiting to provide support. To self-refer for help with shopping and collecting prescriptions, call 0808 196 3646.

Sharing The Love With Knitted Teddies

Right across the country, people have been knitting pairs of identical teddies and hearts that have been given to patients in hospitals to comfort them during their stay.

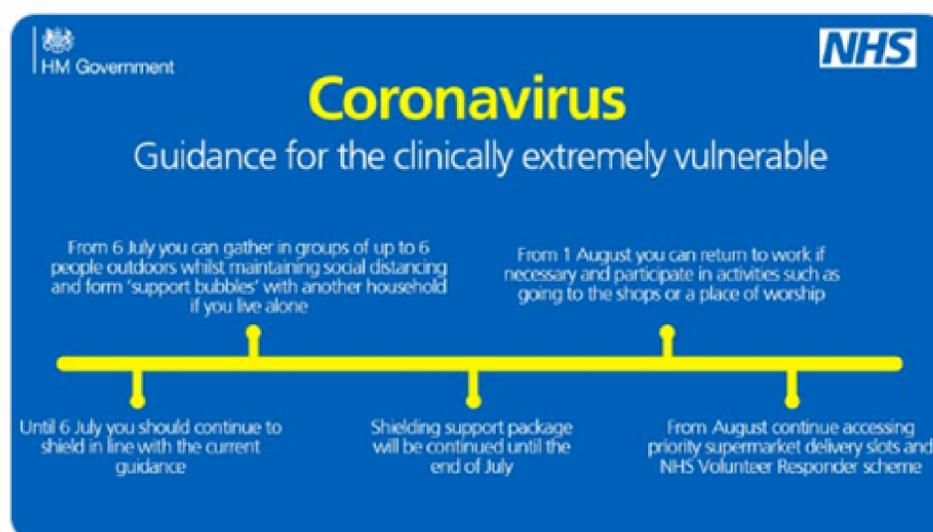
The bears that are received from the kind knitters in the community, are quarantined for a week before they're opened up and handed out to patients and their loved ones. With the restrictions imposed around visiting at this time, the bears have helped families still feel connected through these difficult and unusual times.



Lockdown Is Easing

The Government has announced the relaxation of its shielding guidance in 2 stages over the coming weeks and you could be wondering how this will work for you?

Up to date guidance can be [found here](#). The plan is for it to happen in two stages with shielding paused from Saturday 1 August, but those who have been shielding may be cautious and need to take time to adjust.

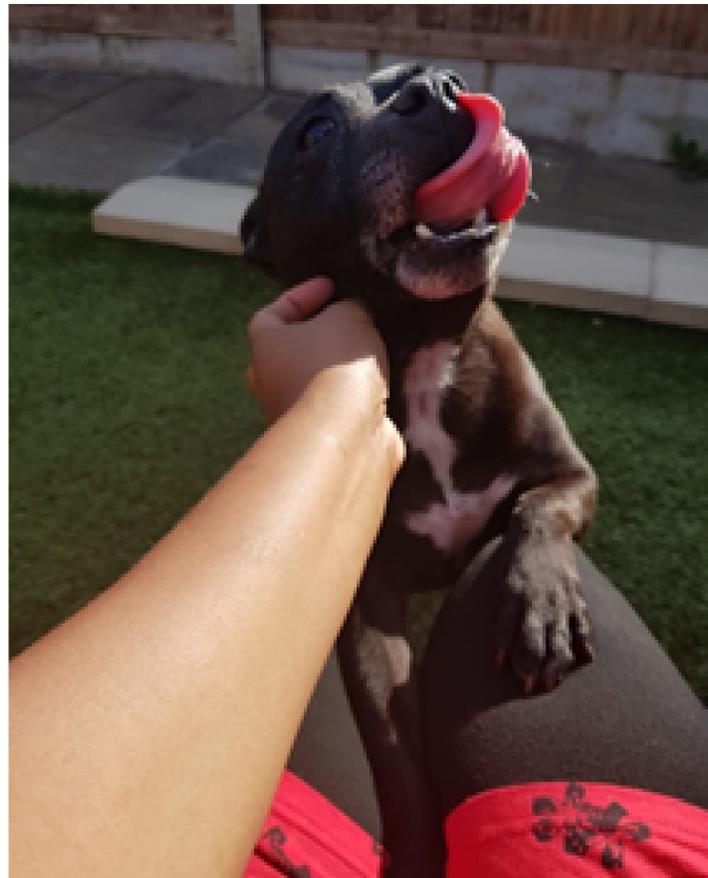


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Pet Of The Week

Last week you met Luna, this week we introduce you to Holly (or Holldawg as she much prefers) she's a 12 year old Staffordshire bull terrier breed and a destroyer of toys. She loves running through grass, getting lost in grass and hiding things in grass... she is a simple soul.

She knows many tricks but pretends that she is deaf if she's feeling lazy, her superpower is the ability to cheer anyone up with her characteristic and mischievous ways.



Tell us what furry friend has been keeping you company.

We all love a pet photo and our own pets have featured in many of our online team meetings while we've all been working from home (sometimes on purpose but most of the time by accident).

Face Coverings

If you rely on public transport to make essential trips, you must now wear a face covering on your journey. A face covering isn't the same as a face mask, and there are lots of creative ways to make your own out of things you have at home, with lots of online tutorials and step-by-step guides available.

It's important to know that there are some reasons where either you or the person you care for don't need to wear one. You can find an up to date list of who is exempt from wearing face coverings [here](#).

If you or the person you look after is exempt, the guys at [Euan's Guide](#) (the disabled access review site) will send out a free badge to wear to quickly signal that you're not required to cover your face, [you can order one here](#). These badges are not designed to act as official proof that the wearer is exempt from wearing a mask, but have been designed to prevent unnecessary harassment.

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Laughter Is The Best Medicine

Stress relief from laughter is actually no joke. Laughing doesn't just lighten the mental load we carry, it causes healthy physical and emotional changes in the body.

There are some free online sessions taking place next week (14-16 July) with each session is split into three 40 minute parts.

Part one is a laughter session; part two explores what laughter is and why we laugh; part three looks at possible ways to deal with challenges through laughter.

You can book for as many or as few as you'd like and don't worry, you'll not be visible on the screen, but can ask questions you might have through a chat box.

The Prison Officers Association (POA learning) are running these sessions as part of their online Festival of Wellbeing.

Sessions are free and can be booked using the links below:

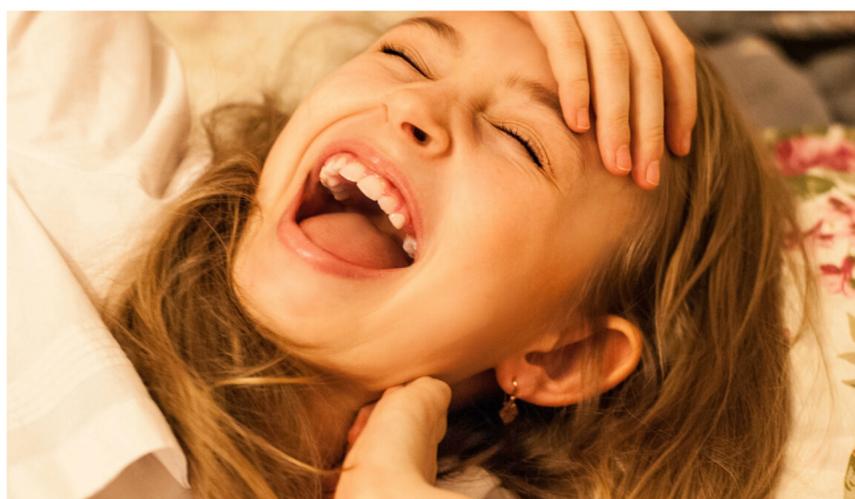
[14th July at 2pm until 4pm](#)

[15th July at 10am until noon](#)

[16th July at 5.30pm until 7.30pm](#)

Before You Book - Health Considerations

Laughter sessions usually involve some gentle physical exercise, and can release some emotions. Participants are responsible for whether or not they choose to join in the activities and for their own physical and emotional wellbeing. Before you join a laughter session, you must read [this](#) and agree to the conditions. By joining a session, you are confirming that you have read the health considerations, and that you take full responsible for yourself and only join in with what you choose to.



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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)

Silverline: 0800 470 80 90

Greater Manchester Mental Health :01204 483071

Essential Websites

[Kooth](#)

[BAME communities](#)

[Women's Aid](#)

[Greater Manchester Police](#)

[Public Health England](#)

[Sign Health](#) - BSL information on coronavirus.

[CarersUK](#) - advice and guidance for carers.

[Doctors of the World](#)

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](#).

The Spirit of Salford Helpline

 **0800 952 1000**

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

www.salford.gov.uk/spiritofsalford



Salford City Council

Do you have some news to share?

Get in touch

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