

# Gaddum ... Carers

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

### How are you?

Hope you have all been enjoying catching up on all things Gaddum in our weekly updates. It has been so much fun to share with everyone what people have been getting up to during lockdown to fight the boredom and importantly where to access services and support during it all.



If you want to join us you can send us an email to [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) or call us on 0161 834 6069.

### In this week's news

- Welfare and benefits advice
- Have a brew with me
- Steps to de-stress
- Working carers information
- Pet of the week
- Advice and support services



And more.  
Read on...

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

**Get in touch**

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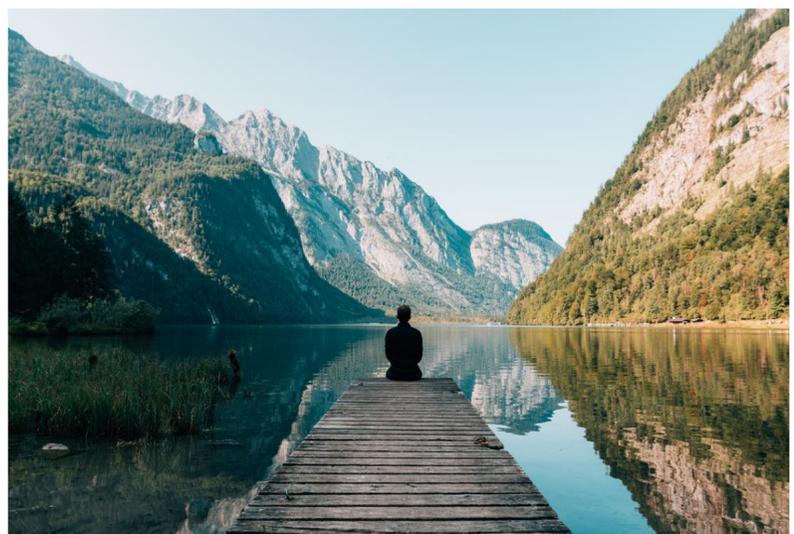
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### Small steps to de-stress

Save a special song on your phone that always brings a smile to your face. Then put it on loud during your SOS moments or when you need to lift your mood.

Josh, one of our Carer's Support Workers said his go-to SOS song is Xavier Rudd - Follow the sun. He said "Personally it has a beautiful way of making me feel hopeful, reminding me tomorrow is another day and of my place within the grand scheme of things".



### Have a brew with me?

Don't forget, Josh will be hosting the first 15 minutes of our next coffee morning on Tuesday 4 August at 11am. He'll guide us through a body awareness meditation followed by a short sit down chair yoga session. Mindfulness and yoga promotes your wellbeing through relaxation and being present.

At the end of the session there will be tips on how to do this yourself at home - get in touch to book.

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## Pet corner

Meet Bertie the 5-month-old cockapoo who is super mischievous and never happier than when he gets a good stick he can chomp on in the park (or a slipper at home).

He's just had his first post-lockdown haircut, how cute and soft does he look! Aneesha our Carers Support Worker loves to spend time with him.



## Claiming Carers Allowance

If you're 16 or over, care for someone for at least 35 hours a week, you could be missing out on financial support.

You can claim Carers Allowance if the person you're looking after receives benefits such as Attendance Allowance, Personal Independence Payment or Disability Living Allowance.

### And did you know that you can still work and claim Carers Allowance?

You can qualify for Carer's Allowance whether you are in or out of work. But your income needs to be less than £128 per week. Check out [Turn2us](#) to access their benefit calculator.



**You can ask for benefits advice from Salford Council's Welfare Rights by visiting their [website](#)**

**The advice line is open Monday to Friday, 10am-12pm on 0800 345 7375.**

**Let them know you're a Carer when you get in touch.**

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## Healthcare online

Whether it's keeping in touch with family or ordering shopping and essential items, we're able to access more of the help we need, from the comfort of our home. Even before Covid-19, health professionals were offering more and more services online, like Booking GP or pharmacy appointments using Patient Access. For lots of people, this works well as it fits in with life (statistics show that 70% of GP care is being delivered remotely), but for some it's going to take a bit longer to get used to getting help in this way.

[Patient Access](#) has put together an article on how to get the most out of your online GP appointment, including how to prepare and what to expect.



## Changes to TV licensing

From Saturday 1 August, over-75's will now have to pay for their TV licence unless they are receiving Pension Credit.

About four million older people are entitled to receive Pension Credit to top up their pensions, but it's estimated that around a third of those who are eligible, aren't claiming.

[Better Off Salford](#) could help you work out whether you are entitled to Pension Credit.

## Balancing work and care

If you're struggling balancing working and caring, you might have the right to make a Flexible Working Request.

All employees (except agency workers), have a legal right to request flexible working, providing you've been with your current employer continuously for 26 weeks.

You can request things like compressed hours - working longer hours over fewer days, flexitime - flexible start and finish times or working extra hours to build up extra days of leave or location flexible, which could mean working from home all or part of the time.

[Citizens Advice](#) offer more information about how to ask for flexible working arrangements.

Keep an eye out for upcoming dates for our Balancing Work and Care course or catch up on our [last session](#).

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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)

### 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](#)

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#### The Spirit of Salford Helpline

 **0800 952 1000**

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

[www.salford.gov.uk/spiritofsalford](http://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](#).

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