

Gaddum ... Carers

17 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

Journey To Caring

For many of us, becoming a carer is something that creeps up completely unnoticed. Your family member or friend first needs a bit of help with managing some aspect of daily living, then a little more until you suddenly realise that you are solely responsible for their day-to-day quality of life and wellbeing.



Which means that looking after yourself when you're a carer sometimes feels really difficult, but together we can figure things out. If the person you care for has recently been admitted to Salford Royal Hospital, or if you've found yourself admitted to hospital and usually care for somebody, our Hospital Liaison and Discharge Support Team are here to support you; Together, we'll create a plan to make sure you're getting all the help available - offering up to six weeks of tailored and personalised support to help you remain healthy and well.

Your Social Worker, a Nurse or a Doctor can put you in touch with the team, or you can contact us yourself - it all starts with an email or a phone call...

Carers Coffee Morning

Join us for a virtual chat with other carers and the team on the first Tuesday of the month between 11am and 12pm.

If you'd like help to get online, we're here to guide you through how.



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Compulsory Mask Wearing

Wearing a face covering in shops and supermarkets in England will be mandatory from Friday 24 July. Under the new rules, people who do not wear a face covering will face a fine of up to £100. But, like when using public transport, those who are under 11 and those with certain disabilities are exempt.

Transport for Greater Manchester have launched a Journey Assist card, to help those who are exempt from wearing a face covering.

The card can be downloaded to a device or printed off and used as a flash pass and is available by contacting TFGM's customer team on 0161 244 1000 or through the [TfGM website contact form](#).



Health Check Anyone?

Carers are being offered a free mini health MOT as a thank you for their dedication.

The 15-minute checks can be carried out at Pendleton and Eccles Gateways. Both are easy accessible by public transport or have free parking on site or nearby.

Using a state-of-the-art kiosk, you'll have your height, weight and blood pressure checked, and the results delivered confidentially to you within minutes

[More information and details of how to book are available here.](#)

As lockdown eases and we catch glimpses of life before lockdown, things still aren't quite as before. But one thing that is the same, is that we're here to support you, whatever you're going through.

[Click here](#) for the latest information on staying safe when you're outside your home.

Do you have some news to share?

Get in touch

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Grow Your Own Tomatoes

Last week, spring onions, this week, tomatoes!

Tomatoes can be grown inside and it can be satisfying to see the progress and they bring a bit of greenery to your home.

Growing tomatoes from a tomato slice is a really easy project too, and there's something fun about growing more tomatoes from an actual tomato.

You can use any tomatoes when you plant tomato slices.

Start by filling a small pot, container or egg box with compost, almost to the top. Slice the tomato into slices and put them cut sides down in a circle around the pot, and lightly cover them with more compost.

Water gently and cover with a small, clear freezer bag and an elastic band, or just cover the top with clingfilm.

The seeds should begin to grow within 7-14 days and you will end up with upwards of 30 tomato seedlings!

Select the strongest seedlings and plant them deeply in a large container (about 2 thirds should be under the soil, either one per 12 inch pot) or space them out along a growbag of compost or a window box. They should be between 30-45 cm apart.

Tomatoes need regular watering to keep the soil nice and wet and they like lots of sunshine so keep them somewhere that gets sun throughout the day.

Here is our keen gardener Aneesha's tomato plant, grown from seed!



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Pet Of The Week

Last week, we met Holly the dog and this week, it's the turn of Porter this week, the British Shorthair Cat. He's the newest member of Kenna, our Carers Advocacy Workers' family.

He loves KitKat wrappers, being carried like a baby and walks in his space ship. He arrived just before lockdown and has been a great distraction from the outside world for her and her family.



Don't forget, we still want to see what furry companions have been helping you through all of this.



Reopening of Day Centres and Care Homes

We're all too aware of the stresses placed upon carers when day centres and community-based day services closed back in March.

There has been some guidance issued to providers so they can start making plans on how they can open safely as lockdown continues to ease.

We still don't know when this will be, but to give an idea of the things that need to be taken into consideration before services can resume, you can find the guidance [here](#).

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National Museum - Nature Live Online

The National Museum are hosting online exhibitions starting today- Friday 17 July.

From meteorites to mammoths, evolution to climate change, Nature Live Online is a great way to explore the natural world, from right inside your home.

All the events are available to watch online on the Museum's [website](#), YouTube channel or Facebook page.

You can even watch past talks, and they're all completely free of charge.
A good one for kids and adults alike.



Rosie's Wellington Planters

The picture above was sent in by Rosie aged 5, she has been recycling her old wellies to make planters. And she's not the only one getting creative, we've been reading some fantastic articles this week about people of all ages who've been keeping themselves busy by getting creative and taking up new hobbies and interests. Like these [London care home residents](#) who've been recreating iconic album covers, and these [people who've been busy learning new skills](#).
Cheesemaking anyone?

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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](#)

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](#).

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