

# Gaddum ... Carers

24 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

- Covid-19 updates
- Coffee morning with a TWIST
- Wellbeing activities
- 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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### August Coffee Morning Tuesday 4 August at 11am

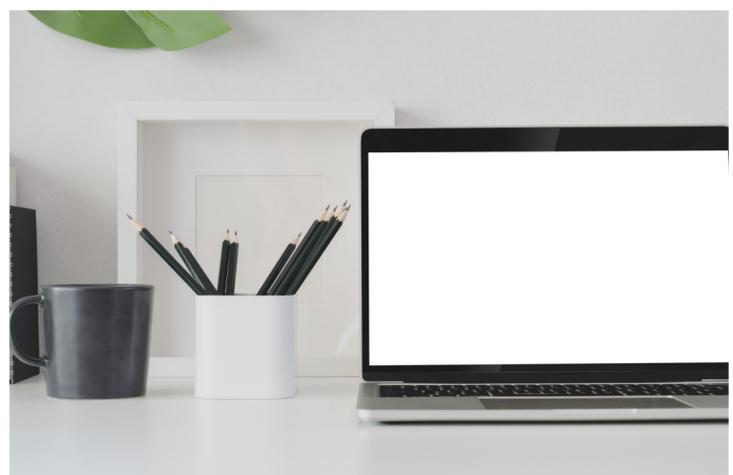
Josh will be hosting our next coffee morning with a twist. The first 15 minutes will be a mindfulness session! This will be a guided body awareness meditation and a short sit down chair yoga session. Mindfulness and yoga promote your wellbeing through relaxation and being present. At the end of the session there will be tips on how to do this yourself at home.



If you want to join in 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.

### Free Online Training Sources

Maximus Training are hosting a selection of online courses for Greater Manchester residents over the age of 19. They have a selection of free courses for both unemployed or employed residents looking to expand their skills. They have courses including wellbeing, nutrition, health, equality and diversity.



For more information and to see what courses are available you can check out their website [here](#).

If you are interested and want to speak to someone for more information contact Jacqueline Chantler on 07778 138750 or send an email to [jchantler@maximus-training.com](mailto:jchantler@maximus-training.com)

# Gaddum ... Carers

## Shielding Support-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.

### 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

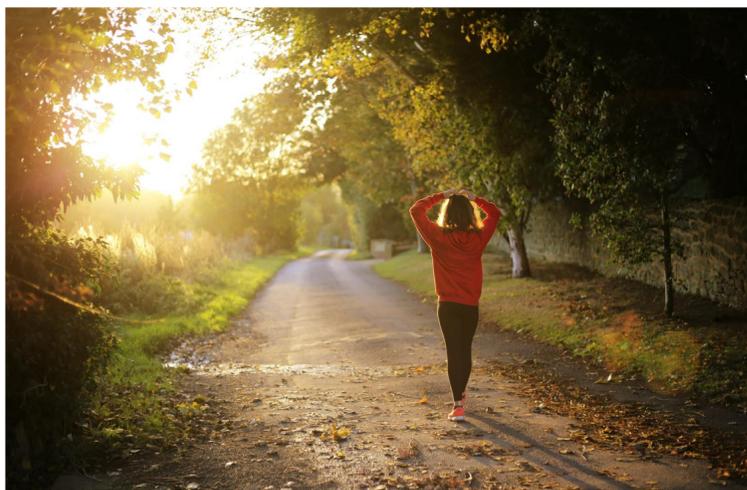
There is a dedicated Helpline available 8.30am to 6pm Mon-Fri and 9am-1pm on Saturdays.

Call 0800 952 1000 or you can find out more about the help available [here](#).

## You Can Stop Smoking

Visit [YouCanGM.org](http://YouCanGM.org) if you are a smoker and want to find out information on how to quit and keep up-to-date with stop smoking services.

A new page answering commonly asked questions about coronavirus and smoking has also been created.



## Take Twenty Challenge

It doesn't take hours pounding the gym to get the mood-boosting benefits. Just 20 minutes a day of moderate exercise is enough to achieve a positive impact on how we all feel. A brisk walk and a few yoga poses (suitable for your abilities of course) and you're done!

Backbends and twists have been shown to lower anxiety levels more than other poses. These kinds of poses have the ability to trigger a part of our nervous system for instant stress relief.

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

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## Pets Of The Week

This week we want to introduce you to Jane one of our Carer Support Worker's pets. Jane has 4 cheeky pet rats Ben, Scooby, Cody and Rex.

Jane also has Kara the rescue dog who they got aged 4. She loves to play and chew on toys.



## De-Stress Tip:

When things feel stressful or seem to be getting on top of you, close your eyes and visualise yourself somewhere calm and peaceful, like by the sea, walking through woodland or in your garden. It can be a great way to get away for a moment or two, wherever you are.

## Carers Government Consultation

The Government are looking for people to give their thoughts and opinions on giving employees a week of unwaged leave each year, to be able to provide care. If you want to share your thoughts as a carer, you can respond online [here](#).

You can email a response to [labourmarketparticipation@beis.gov.uk](mailto:labourmarketparticipation@beis.gov.uk)  
The deadline for responding is Monday 3 August 2020.

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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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Salford City Council

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