

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

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 share what you have been up to, please send an email to salford.carers@gaddum.org.uk or call us on 0161 834 6069.

In this week's news

- Steps to de-stress
- Sign health information
- Pet of the week
- Advice and support services
- Changing Places information

And more.
Read on...



Do you have some news to share?
Get in touch

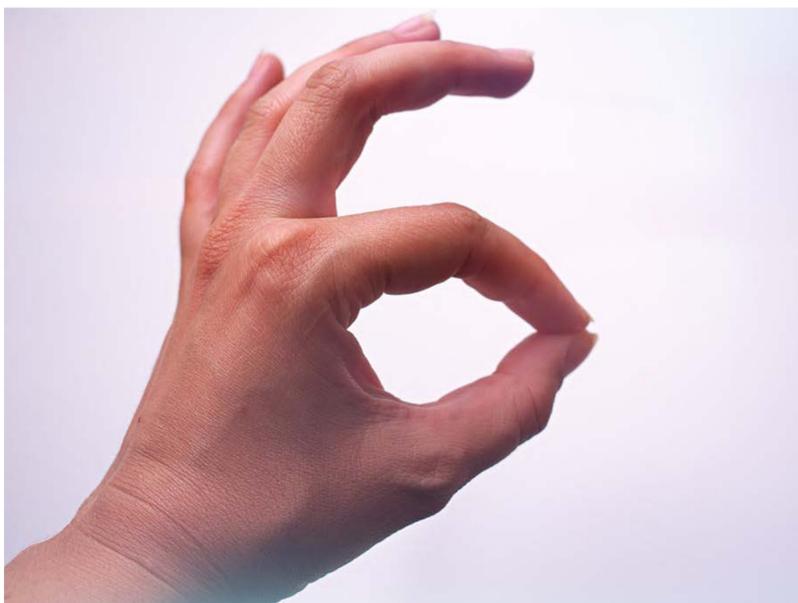
Gaddum ... Carers

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Small steps to de-stress

Learning is a wonderful way to boost self-esteem and in turn, positivity. There are lots of tutorials available online now, so whether it's learning through books or trying your hand at something new, try to make room in your life to learn.



Your Covid recovery

The new [#YourCovidRecovery](#) website has expert information to help you look after your mental and physical health when recovering from coronavirus.

[Click here](#) for details.

Sign health

[SignHealth](#) works to improve the health and wellbeing of Deaf people. They're committed to making sure that up-to-date coronavirus information is available in British Sign Language and offer summaries of key government briefings through their [#2minuteupdate](#)

They work to promote easier access to healthcare and information. and deliver services to reach Deaf people in a shared language in a moment of need, through crisis text lines, domestic abuse support, therapy, advocacy and residential services.

Gaddum ... Carers

Pet of the week

This week, meet Riley - the cat in a hat (and of course, his proud owner, Angela, our Adult Carers Team Leader)



Changing Places to become compulsory

From next year it will be compulsory that all new buildings to have large accessible toilets, known as Changing Places.

A spokesperson for the Government said last week that all buildings such as sports venues, supermarkets and other sports and arts venues built from 2021, will have to install at least one Changing Places accessible toilets.

In March, the Government made £30m available to install Changing Places in existing buildings, and this week, the Department of Transport announced further funding to install 37 more new facilities in service stations across England in the next few years.

For more information [click here](#).

Gaddum ... Carers

Have your say on parking

Not being able to park in designated places is a common problem, especially at the local supermarket, with disabled bays occupied with cars not displaying a Blue Badge. Take part in a survey to help address parking for disabled motorists and their carers-you could even win a high street shopping voucher.

Disabled Motoring UK's Baywatch campaign is working to address this. Their campaign researches the level of disabled parking abuse at supermarkets. Through August, participants can complete an [online survey](#) which will ask about parking over the last 12 months at supermarkets and on everyday journeys. The data collected will be used to tackle the supermarkets and other parking providers over their disabled parking policies.

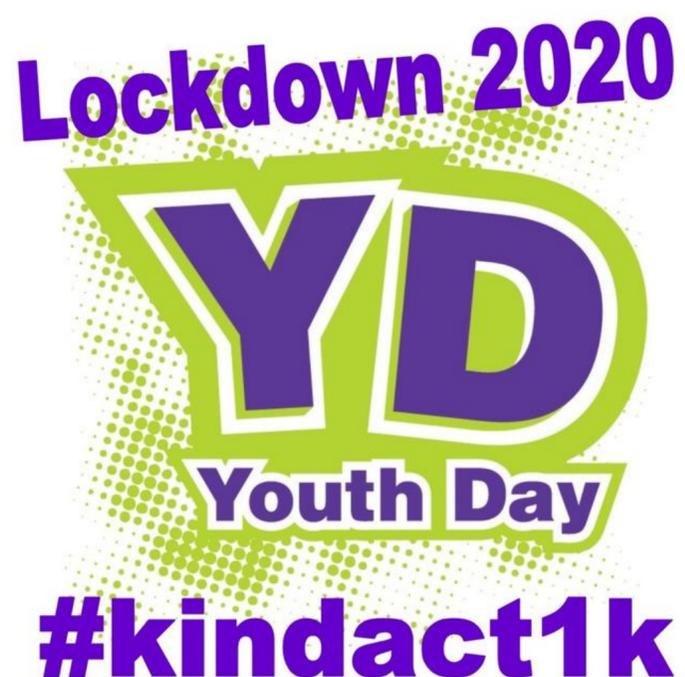
Help & support is still available

Right across Greater Manchester, there has been a united response in supporting those most in need and particularly those shielding during the coronavirus pandemic.

All 10 local authorities have individual community hubs, where people can arrange to receive things like personal and household supplies or help with getting food and medicines, paying bills or to tackle loneliness and isolation. The hubs will continue to operate as lockdown eases, so if you think you or someone you know would benefit from having this kind of support, [click here](#).

Salford youth day

Happening on Wednesday 12 August, Youth Day is an annual day of activities organised by young people, for young people across Salford. It aims to show the important contribution made by 11 to 25 year olds in all aspects of life in Salford. This year events and activities are all online. Follow [#kindact1k](#) on social media to see what our wonderful young people in Salford are doing in support.



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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](#) - downloadable government guides in over 60 languages

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?

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