

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?

I 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. We've also been sharing where to access services and support.



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

- Bike rides in Irlam and Cadishead
- Relaxation tips
- Pet of the week
- Adult carers coffee morning update
- Free English lessons

And more.
Read on...



Do you have some news to share?

Get in touch

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Gaddum ... Carers

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Bike rides in Irlam & Cadishead

Irlam & Cadishead bike rides are able to start up again. Sticking to the government guidelines on keeping a safe distance they can have five people (plus the bike leader) on the ride.

Everyone must book a place - if you want to come along with your bike:

Call: 0800 952 1000



**The rides will be every Tuesday at 10am in Prince's Park in Irlam.
Book early to avoid disappointment.**

Press pause

Life is busy, but by pausing and taking a deep breath in and a longer breath out each time you reach your own front door or the door of the person you care for, you can take a more positive energy inside with you.



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Gaddum ... Carers

Pet of the week

Meet Mrs Cat, the lovely, laid back cat who lives with our Shine Project Lead, Matt.

Mrs Cat was found wandering the streets by a local vet. Her previous owner was contacted but did not want her back. Whilst on a trip to the vet for a family's cat they saw her and brought her home, where she made herself at home instantly. Despite having many cat beds bought for her, she prefers to live her best life relaxing on the garden lawn in cardboard boxes that those beds were packaged in... waiting for the next sunbeam to shine on her whiskers. She is happy and loved!



Make a brew and join in!

Would you like to join our coffee morning, with the opportunity to chat with other carers? Held on the first Tuesday of the month, September's coffee morning will be hosted by Jeanie. She has put together a quiz and will start off with some breathing exercises for relaxation.

If you want to join us and have a chat, discuss what things have cheered you up over lockdown get in touch.

Free English lessons

Do you know someone who would benefit from free English lessons?

Wai Yin society are hosting free online courses. If you would like more information give them a call on 07494 199271 or 0161 833 0377.

Gaddum ... Carers

Get your lungs in action

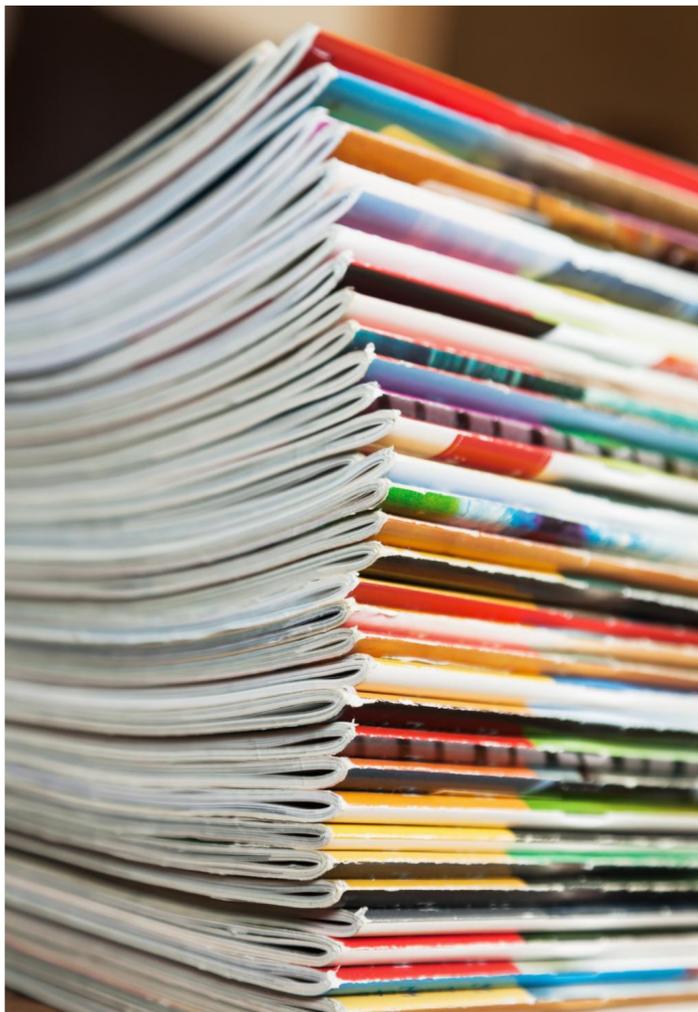
Join BreathChamps in getting your lungs in shape after lockdown!

BreathChamps coffee morning will be held on Monday 24 August at 10am via Zoom. Their coffee morning aims to help get your lungs in shape after Lockdown.

If you are interested in joining, you can book for free using [Eventbrite](#), or can watch via Facebook Live on the [BreathChamps](#) page on the day.



Local lockdown stories



My Generation have published local stories about people over 50 in lockdown. The Talking About My Generation news team have been very busy during lockdown creating content by and for people in Greater Manchester. They have used their authentic voices and views to bring to life public health guidance aimed at inspiring 'people to keep safe and well during lockdown.

They have published more than fifty stories so far - showcasing positive stories of people over 50 as activists, good neighbours and volunteers during this time. They have also published a magazine to share their most popular stories. [Click here](#) to read it.

Gaddum ... Carers

A quick chat with Jean

Jean, Carers Support Worker has taken to getting fitter in lockdown.

1. What made you buy a treadmill?

Despite working from home having advantages, one of the disadvantages is the proximity to my fridge which is full of various cheeses (I love blue cheese).

2. How are you finding it so far?

I love it, I can do 30 minutes every morning without leaving the house, jump straight in the shower and then be ready for work. I had started to get out of breath quickly when out walking but since using the treadmill it has improved. I can increase the speed and the incline on the treadmill and it measures my heart rate too. Your heart rate is the number of times your heart beats per minute (bpm).

3. What goals have you set yourself?

I have set myself a goal weight for September but think I really need to tackle the diet side of it. I have found the NHS website really useful for advice and tips.

[Click here](#) for the link.

4. What would you say to other people that are thinking of improving their fitness?

Do what you can, when you can. Set yourself a manageable goal and the rest will follow and have fun with it.



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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)

Exam Results Helpline: 0800 100 900

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

[National Careers Service](#)

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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