



# Gaddum here.

## How are you?

Welcome to summer everyone! We hope you've been safely enjoying the nice weather, spending time (safely with friends and family) and making plans for the next few months. If you have anything to share in our next newsletter please contact us, we'd be happy to hear from you!

Inside this issue:

- Community news
- Time for yourself
- Health and wellbeing
- Managing at home
- How you feel
- Work and training
- Finance
- Your caring role
- COVID- 19 updates
- Key contact numbers

# Gaddum ... Carers



## Community news

### Free Tuesdays in Salford

RHS Bridgewater grounds have now reopened, and they are offering free entry to Salford Residents.

From 25 May 2021, all Salford residents will be able to visit RHS Garden Bridgewater free on Tuesdays for the first year thanks to an arrangement agreed between the RHS and Salford City Council. Pre-booking is required and proof of address for each resident must be shown on arrival. Find out more [here](#).

# Gaddum ... Carers

## Time for yourself

### Virtual group

Our next virtual Carers coffee morning is on Tuesday 6 July. Join Josh at 11 am over Zoom to catch up, get some advice and we love to end our sessions with a relaxing practice such as mindfulness or guided meditation. If you would like to come along (virtually) please contact us and we would be happy to provide you with our zoom link!

### Wellbeing walk

We have already planned some walks in the beautiful weather in Peel Park and Dunham Massey, join us on 14 July for a walk at Buile Hill Park, it will include a light lunch and tea/coffee. Contact us for more details.

## Age friendly Salford have a virtual programme of activities every day

All sessions start at 11.00am which is a perfect time for a brew. Read more about each session below or click on the links and get involved.

Monday: Ready to Go [Link](#) (Meeting ID:Passcode 900961)

Tuesday: Brew and Chat [Link](#) (Meeting ID:Passcode: 115974)

Wednesday: Walk and Talk (We are accepting new referrals for this activity)

Thursday: Tech and Tea Online [Link](#) (Meeting ID:Passcode: 488908)

Friday: Friendly Fridays [Link](#) (Meeting ID:Passcode 867897)



# Gaddum ... Carers

## Health and wellbeing

### Salford Together

June 21 - June 30 was World Wellbeing week! Salford Together put together a video to display the impact that some of their training has provided so far.

### **We are continuing our small steps to destress tips, feel free to try some yourself!**

#### 20 – Get Your Head Down

Find a safe space and by laying your arms out in front of you on a desk or table and resting your head on them, it opens up your neck and shoulders and can help get rid of all the tension that's locked there. It's a mini form of the yoga pose 'Child's Pose'.

#### 21 – Light Relief

The happy hormone, Serotonin is closely linked to melatonin, which is affected by daylight. To help shake off the stress, take 10 minutes a day to get outside and soak up the sunshine (even on cloudy days!).

#### 22 – Sweet Treats

Eat something that you enjoy and leave the guilt aside. This is a proven mood-booster and there's nothing wrong with enjoying something sweet every now and again, whether it's a slice of cake, a good bar of chocolate or a creamy hot chocolate, less means you can savour it all the more.

## Managing at home

### Neighbourhood watch team

The Neighbourhood watch team are launching a new campaign called SLING YOUR HOOK on Monday 5th July

As part of this social campaign they will be delivering a series of scams awareness webinars in partnership with the Dedicated Card and Payment Crime Unit (DCPCU), the National Trading Standards Scams Team (NTSST) and Avast.

The webinars are:

- 6 July, 5pm: Exploring the psychology behind scams and how scammers are so effective at their crimes
- 14 July, 5pm: Insights into how a fraud case is investigated and how not to be the next victim
- 23 July, 5pm: Scams awareness training from the Friends Against Scams initiative
- 30 July, 5pm: Don't get hooked by scammers! What you need to know about flubot and phishing scams

# Gaddum ... Carers

## How you feel

### Independent Age

If you feel you could do with more conversation in your life, Independent Age will connect you with a volunteer who's good company and wants to chat.

The power of a good chat: If you're feeling in need of a good chat with someone who cares – perhaps because you're living on your own or your health isn't what it used to be – their volunteers can provide a regular chat over the phone.

"I really look forward to her calls. She's become a real friend."

### How it works

1. You sign up for as long or as short a time as you like.
2. You'll catch up with your volunteer at a regular time that suits you both.
3. If you decide your volunteer isn't working out, you can let them know and they'll find you someone else.
4. You won't be charged – friendship is free!

It's never too late to make a new friend

As you get older it's common to find that your social circle starts to shrink. But it's never too late to have a new friendship. Our volunteers are fully trained, have had all the necessary checks you'd expect and supported by Independent Age staff. They'll also check in with you from time to time to see how things are going.

Their volunteers are good company and want to chat. If you'd like a regular call, just give them a call on 0800 319 6789



# Gaddum ... Carers

## Salford University

Salford University provide general counselling services for adults who live or work in Greater Manchester for a range of issues, including depression, anxiety, trauma, relationship problems, stress, bereavement and loss. They also provide a specialist service for those who have experienced mental health difficulties resulting from domestic violence. [Click here](#) for more information.

## Work and training

### Training for you

Our Balancing work and Care evening course launches on Monday 5th July! Join us for 4 sessions to support you to continue doing the fantastic balancing act that you already do, hints and tips and varied discussions to help you to find out about your rights and other support your employer may already be providing through policy and legislation. To book on contact us by email or telephone 0161 834 6069 [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk)

### Age Friendly Salford

Tech and Tea At Home is a low-level digital skills programme ensuring older people are not left behind because they are digitally excluded.

Historically this programme is delivered in community settings improving older people's skills in using technology to manage their own health and wellbeing.

All virtual sessions are currently delivered via Zoom and you can check out our "How to Zoom" video [here](#).

Tech and Tea at Home is aimed at older people with no access to digital equipment and little or no digital skills.

If you know anyone who might benefit from attending the course, you can register their interest in taking part in Tech and Tea At Home by completing this [short form](#).

They have courses starting from May onwards and they are exploring the possibility of delivering in the community again, when it is safe to do so

# Gaddum ... Carers

## Finances

### Welfare rights

Did you know that Gaddum Salford Carers can offer you an appointment to look at your entitlements, manage debt or find out if you meet the criteria for reductions, benefits or discounts that may be available to you as a carer? Contact us for your free Welfare rights consultation with Sairah, provided by Salford Welfare rights service. Contact us by phone or email.

## Your Caring Role

### Independent Age

You may have gradually taken on caring responsibilities over time or suddenly found yourself caring for someone else. Either way, it's important to know your rights and the benefits, services, and help that may be available.

To find out more about how you can get support for yourself and the person you care for, take a look at the [information and advice](#) on Independent Age's website.

You can also order a free copy of their Caring for someone [guide](#).

### COVID-19 Updates

Rapid testing is now available to everyone in England. The tests can be [ordered online on the GOV.UK website](#) or can be collected from [many pharmacies](#) or from one of the local rapid test sites, see [the rapid coronavirus test page](#). You can have rapid tests at these sites if you prefer.

We strongly advise you to get regular tests, as one in three people with COVID-19 have no symptoms and can pass the virus on to others without knowing (even if you've had the vaccine or a previous COVID-19 infection). Rapid testing will play a key role in keeping people safe as restrictions ease.

The tests are quick and easy and results are known within 30 minutes. You are advised to test twice a week and report your result online. Full instructions are provided with the kits

# Gaddum ... Carers

## 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)

### 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)



### 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](#).

Salford City Council

If you need to self-isolate and need help, call **The Spirit of Salford Helpline** on

 **0800 952 1000**

(Monday – Friday, 8.30am – 6pm).

Or go to [www.salford.gov.uk/spiritofsalford](http://www.salford.gov.uk/spiritofsalford)



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

**Get in touch**

0161 834 6069 | [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) | [gaddum.org.uk](http://gaddum.org.uk)