



# Gaddum here.

## How are you?

We hope you've been safely enjoying the nice weather, spending time 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
- How you feel
- Work and training
- Key contact numbers

# Gaddum ... Carers



## **Community news**

### **Salford gardening social group**

Garden Needs is a twice weekly social group that meets at Radford Street Salford for people who enjoy gardening. Get involved in planting and growing vegetables. Tuesdays and Thursdays 10-230pm. Free for all Salford residents.

To book a session contact The Angel Centre, Salford on 0161 710 1075.  
Or email [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk)

# Gaddum ... Carers

## Carers UK survey

Carers UK are a national charity for carers, their work includes:

- support for carers.
- research and findings with MPs, Government and local decision makers and campaign for increased rights and entitlements for carers. Eg increasing financial support, such as Carer's Allowance.
- raising public awareness about what being a carer is.

Carers UK have now launched their 'State of Caring' survey, which will be the most comprehensive research into the lives and experience of carers.

Gaddum wants to make sure Salford's carers are included and represented in Carers UK's research.

Every carer and former carer who takes the time to complete this survey helps paint a picture of what caring has been like in the last year.

Carer organisations, including Gaddum, will then use this research to help shape service offers going forwards.

As it's an in-depth survey, we recommend making a brew and sitting in a comfy chair to fill it in as it takes at least 30 minutes.

The survey can be [completed here](#) and will close on 13th September 2021.

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



# Gaddum ... Carers

## Peer support group

A peer support group coffee morning mainly for adult carers of children with learning disability needs meets on Wednesdays 11-1pm in Salford. The main contact is the Chair of the group Michelle 07856907986.

This is open to anyone of a caring role. Due to COVID-19, Together@M44 have not met face to face but plan to meet up again in September. Their Facebook page is Together@M44. There is also a WhatsApp Group. The group hopes to return to meeting at Barton Aerodrome. Email togetheratm44@gmail.com for more information.

## Answer cancer podcast

During the pandemic, many carers and the people they look after have missed routine health screenings, or been hesitant to visit their GP about health problems because they've been shielding. This is totally understandable, but attending these appointments can be really helpful in catching and treating any problems early and more easily.

This podcast features interviews with local cancer and health charities and organisations, in a bid to raise #CancerScreening and #CancerAwareness in the area. The episodes so far are as follows:

Episode 1: Tackling Taboos Around Cancer

Episode 2: Being There

Episode 3: ABL Health



# Gaddum ... Carers

## **Europaia**

Europaia is a community development organisation established in 2008. Their friendly multi-lingual team are committed to supporting and empowering Eastern European nationals in Greater Manchester. They also work with regional and national partners and in doing this.

[Click here](#) to find out more.

## **An unpredictable future**

Young people and their families from across Salford are invited to join Walk The Plank as they platform the wonderful creativity, endurance and imagination of the young artists, makers, movers, thinkers, influencers and storytellers from our city on Friday 3 September, Buile Hill Park Hall, Events at 12.45pm and 13.45pm (each lasting 40 minutes).

Experience the excitement & energy of live music & performance as they journey together through a labyrinth of discovery...a free outdoor theatrical celebration created and brought to life by young people from Salford. The event takes place outside in a park and will happen whatever the weather. There is limited parking inside the park so please walk or come on public transport where possible, allowing time to get from the outside of the park to the Hall (approximately 5 minutes).

Portaloo toilets available. Please get in touch with [nick@walktheplank.co.uk](mailto:nick@walktheplank.co.uk) with any other questions.

## **Time for yourself**

### **Worsley Wood bat walk**

- 3rd September (free) - Join Bat Expert & all around Ecologist Stuart Spray for a guided walk through Worsley Woods. Learn how to identify bats using a bat detector.
- 9th September (£1) - Bring the whole family along to search for bats in beautiful Worsley Woods in Salford.

Meet by Beesley Green Community Centre and don't forget to bring a torch. It costs just £1 per person (payable on the night). Gentle walk but might be muddy in places. Places must be booked in advance by emailing [rangers@salford.gov.uk](mailto:rangers@salford.gov.uk)

# Gaddum ... Carers

## Time out for carers

The group meet every Wednesday 12-3pm at Spring Bank Community Centre.

They currently have 18 members so if it is peer support or someone to talk to there is always another carer to offer their knowledge and advice on all things which may help you carry on in your caring role.

## Your mind plan

Check in on how you're doing with the NHS' Every Mind Matters quiz.

How often do you do an MOT for your mind?

Every Mind Matter has a short quiz you can take to see how you're doing with stress, sleep and energy and provides you with a plan to improve your wellbeing. [Click here](#) to take the quiz.

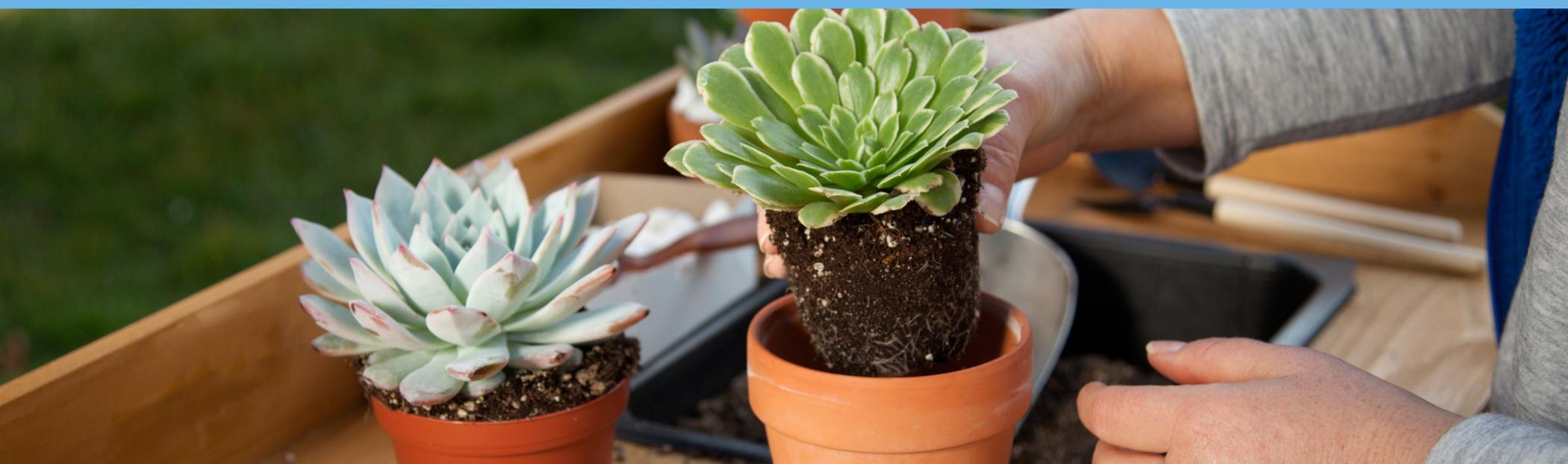
## Grow your own windowsill plants

If lockdown meant you were missing out on getting outside and getting green fingered, why not grow some windowsill plants?

Grow your own window sill plants and benefit from the positive effects of plants. You can grow lettuce, pea shoots and even strawberries!

[Click here](#) for more information.

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# Gaddum ... Carers

## Work and training

### ESOL training course

Talk English courses run in community centres for pre-entry and Entry 1 learners to help them gain confidence in speaking English, as well as to improve reading and writing skills. Classes are designed to encourage learners to access local services, explore local areas, and get more involved in their local community. There is also the opportunity to go on trips out to places such as art galleries, museums and libraries. The classes provide a friendly environment for people to practise English and meet new people. For more information visit their [website](#). You can also email [suzannah.redmond@salford.gov.uk](mailto:suzannah.redmond@salford.gov.uk) directly.

### Employability online workshop

Employability Online Workshop

Thursday 9th September 2021, 13:00 – 14:30pm, Online free course.

This is a session designed to get you in a good place to find the job that's right for you delivered by Antz Junction.

This training is for you if you are unemployed, perhaps have a disability (hidden or otherwise), are a young person, have been through the prison system, have been impacted by COVID-19 or are looking to return to work. You'll learn new skills, build confidence in interviews and get the inside track on what employers are looking for.

Workshop outline:

- Are you ready to look for work?
- What to ask employers
- Career planning & guidance
- Interview techniques
- Next Steps, including Jobs, Marketing Training, Online Events and Volunteering

[Click here](#) to join the course. Please note you will need internet access and Microsoft Teams to participate.



# Gaddum ... Carers

## Renew shops

Renew have opened three new shops in Greater Manchester. These shops sell pre-loved household items at an affordable price and are located at three of our recycling centres.

The shops stock a wide variety of homeware, garden furniture, toys, sports equipment, books and more. Items have been donated by residents and cleaned and repaired before being handpicked by staff for the shops in Eccles, Oldham and Altrincham.

The aim of the Renew shops is to reduce waste, reuse unwanted items and increase recycling rates. Many of the items donated by residents would have otherwise gone to waste. [Click here](#) for more information.

## Carers walk

Stepping Out with The Ramblers, Gaddum Carers Salford, Bury Carers, Manchester Carers Forum, & Wigan & Leigh Carers Centre. Join us for a refreshing walk where you can meet other carers outdoors in a safe and socially distanced way. A member of our team will be there to listen or offer advice if you need to talk.

Venue: Fletcher Moss, Millgate Lane Didsbury, Manchester M20 2SW

When: Tuesday 21st September at 11am. (A light lunch of a sandwich and tea/coffee is included.)

There will be an option of 2 routes:

A short walk (approximately 1 mile)

A longer walk (approximately 3 miles)

Please note COVID-19 safety precautions will apply. Places are limited and booking is essential in order to secure your place. For more information please contact us at [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) or 0161 834 6069.

# 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**

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