

Are you
looking after
someone?



8–14 June 2020

Carers Week was established by Carers UK over 25 years ago. It is an annual campaign to raise awareness of caring, offer support to carers and highlight the challenges they're facing. This year, Carers Week is more important than ever. Caring can be hugely rewarding but it can also have an impact on all aspects of your life. Looking after someone without the right information and support can be tough.

Are you an unpaid carer?

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, or who needs extra help as they grow older.

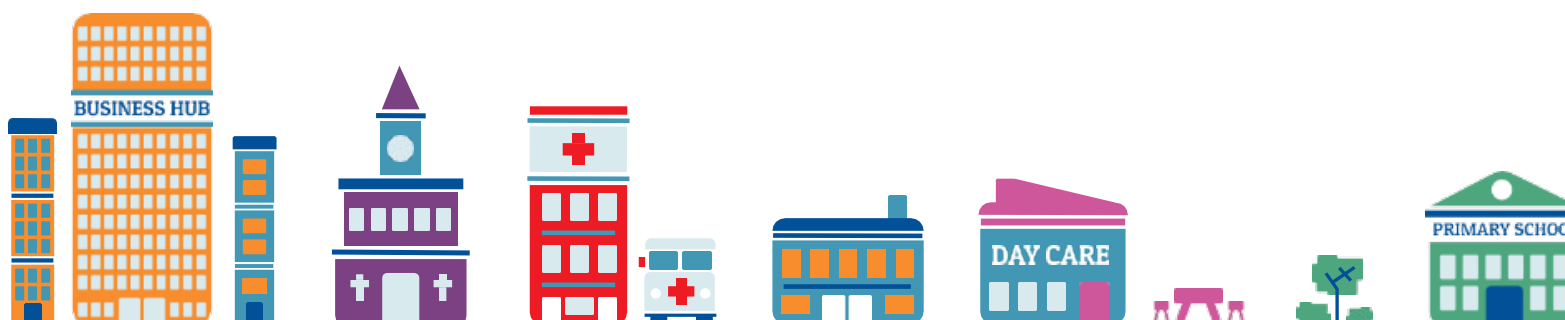
It isn't someone who volunteers to provide support.

Caring is often part and parcel of family life and close friendships, and even more so during the coronavirus outbreak.

Every day 6,000 people in the UK start looking after someone close to them, unpaid.

For many, caring is something that happens gradually when someone becomes older, or has a progressive illness. For others, it arises suddenly, for example, as the result of an accident, stroke or because of coronavirus, leading to the need for a longer recovery and more support.

Caring is something that will affect each and every one of us, whether we become a carer or need care ourselves.



For more information visit
carersweek.org

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FREEPOST Bury Carers' Hub
Email: enquires@burycarershub.org.uk Telephone 0300 303 0207

8–14 June 2020

Welcome to Bury Carers' Hub-available from Monday 1st June 2020

Last week saw the launch of the new Bury Carers' Hub, which offers a range of support services to adult carers.

Carers can now get access to information, advice, and a wide range of support services to help continue caring and reduce the impact on their own health and wellbeing.

Bury Carers' Hub has been commissioned by Bury Council & Bury NHS CCG, the organisation providing the Hub is n-compass. N-compass has a vast amount of experience in delivering high quality and innovative Carers' support service across the Northwest.

The Bury Carers' Hub offer a range of support including the services listed below. These services are currently being delivered virtually during the Covid-19 outbreak to keep Carers of Bury and our staff and volunteers safe-

- ✓ taking part in 1-2-1 or group-based support activities
- ✓ helping you to take a break and do something for yourself
- ✓ access to online support including our Carers Community Network
- ✓ access to a volunteer manned Carers Help and Talk (CHAT) Line
- ✓ providing information, advice, and guidance on specific topics
- ✓ helping you to access community, health, and wellbeing services
- ✓ accessing a range of activities and training
- ✓ volunteering opportunities as 'Friends of Bury Carers'
- ✓ access to a regular Bury Carers' Hub magazine

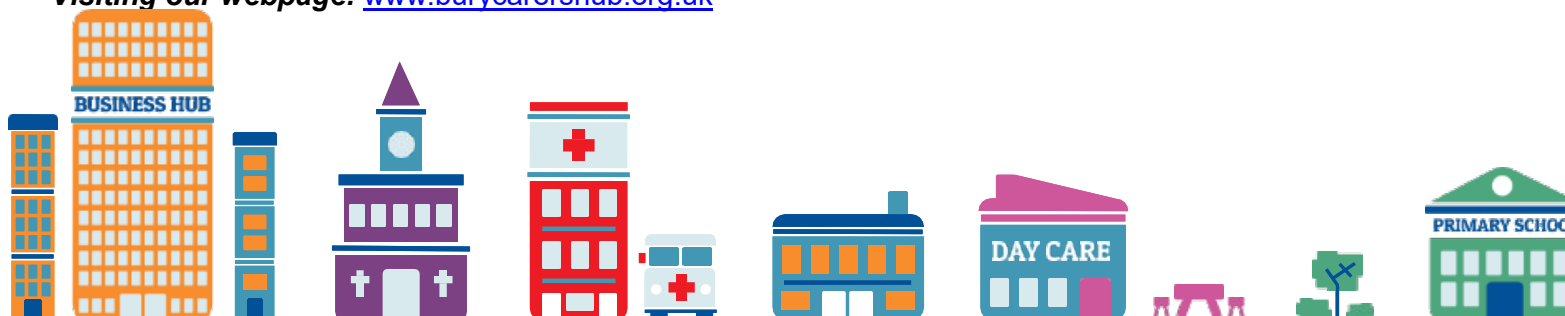
Bury Carers' Hub is committed to providing you with high quality support and we welcome your feedback to help shape our offer. We are still in the early stages of development so there will be lots more things to share with you over the coming months and opportunities for you to get involved. We will keep you posted.

In the meantime, if you feel you could benefit from talking with a dedicated Carers Information & Support Officer please call or simply email us on-

Telephone: 0300 303 0207 (calls charged at local rate and lines open 8am to 6pm Monday to Friday)

General Email: enquiries@burycarershub.org.uk

Visiting our webpage: www.burycarershub.org.uk



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What's on during Carers Week

The Bury Carers' Hub are offering carers the opportunity to join them for a range of activities. These activities can be accessed online through the ZOOM Video Communications platform.

To join, for each activity, you will need to type the address of a web page (URL) into your internet browser and enter the password below. If you would like to receive a copy of this communication by email to be able to copy and paste URL's please email your request to enquiries@burycarershub.org.uk

Monday 8th June

10:00am Join us for a Healthy Lifestyle Cookery Demonstration

<https://zoom.us/j/91933580651?pwd=YUxkNEEyTjQ0V1p4QUJWTTTRQbTIOUOT09>

Meeting ID: 919 3358 0651

Password: 524215

1:00pm Join us for a General Knowledge Quiz

<https://zoom.us/j/92037485727?pwd=WGtKNjFzdk9vZmc2WndTamE5Q0t3QT09>

Meeting ID: 920 3748 5727

Password: 841554

Tuesday 9th June

10:00am Join our Health Trainer for a chat about Health and Nutrition

<https://zoom.us/j/93851794967?pwd=cURxVVqwbVhYeS9HR2N0TIIVVmZ1dz09>

Meeting ID: 938 5179 4967

Password: 926617

1:00pm Join us for a Gentle Chair Exercise Session

<https://zoom.us/j/97005255653?pwd=eDBGNXBFZmxyYWxReG00V1IGaC92Zz09>

Meeting ID: 970 0525 5653

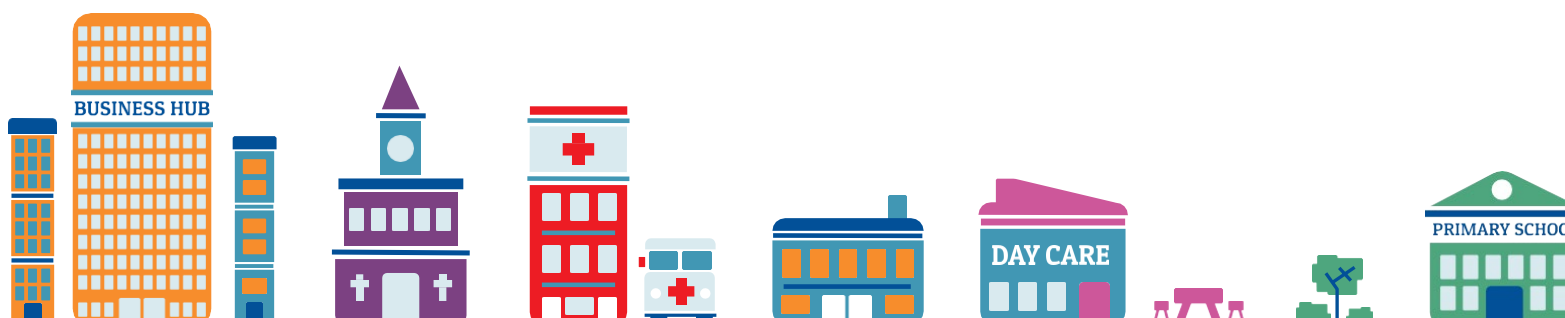
Password: 411550

2:00pm Join us for a Day in the Life of a Carer

<https://zoom.us/j/91308965795?pwd=NVlkb3hPWxZMSWV3ZkNIUE80NkhFQT09>

Meeting ID: 913 0896 5795

Password: 227381



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What's on during Carers Week

Wednesday 10th June

10:00am Join us for Meditation and Relaxation Techniques

<https://zoom.us/j/94192874123?pwd=UDQvMGRhSIYzSkZiU05UQnY0R0dVQT09>

Meeting ID: 941 9287 4123 Password: 083406

11:30am Join us for Bingo with Karan

<https://zoom.us/j/96482620967?pwd=UWFNaUJ5M3IXbGNRM3hHWS9kWnNXUT09>

Meeting ID: 964 8262 0967 Password: 579278

1:30pm Join us to hear our Rochdale Carers Choir

<https://zoom.us/j/96569648845?pwd=OE5iQ2JmdENiaWZkK1d3YWVTbW1zQT09>

Meeting ID: 965 6964 8845 Password: 065868

Thursday 11th June

10:00am Join us for an Arts and Craft Session

<https://zoom.us/j/98349399953?pwd=U2JzT0IOeStyc0NmQVA0RnhnM1UvQT09>

Meeting ID: 983 4939 9953 Password: 269980

2:00pm Join us for a talk about Wills and Powers of Attorney

<https://zoom.us/j/94961891696?pwd=RzFvY0RKcTNCN2xtdTJGZ3F2ekhUZz09>

Meeting ID: 949 6189 1696 Password: 9GvTQd

Friday 12th June

10:00am Join us for Cookery Around the World

<https://zoom.us/j/96552478101?pwd=TEFiQ2ErOWU5SWwzMzB0T3d3MmplUT09>

Meeting ID: 965 5247 8101 Password: 966575

2:00pm Join us for a General Knowledge Quiz

<https://zoom.us/j/91765306214?pwd=TIVIVEx3dXVjY2w5OHI6Q0kxTTR0UT09>

Meeting ID: 917 6530 6214 Password: 957379



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Find out more about the service:

N-compass are hosting Zoom Briefings to showcase what services they offer.

For partners and key stakeholders: Friday 12th June 2020 starting at 12:00pm

Find out how to access services to ensure Bury carers receive the support they need.

please email enquiries@burycarershub.org.uk to register your interest.

Carers Q&A Session-Thursday 18th June 2020 starting at 11:30am

N-compass would like to invite carers to a Q&A Session, to meet the team and to hear more about Bury' Carers Hub services.

The session can be accessed online through our ZOOM Video Communications platform.

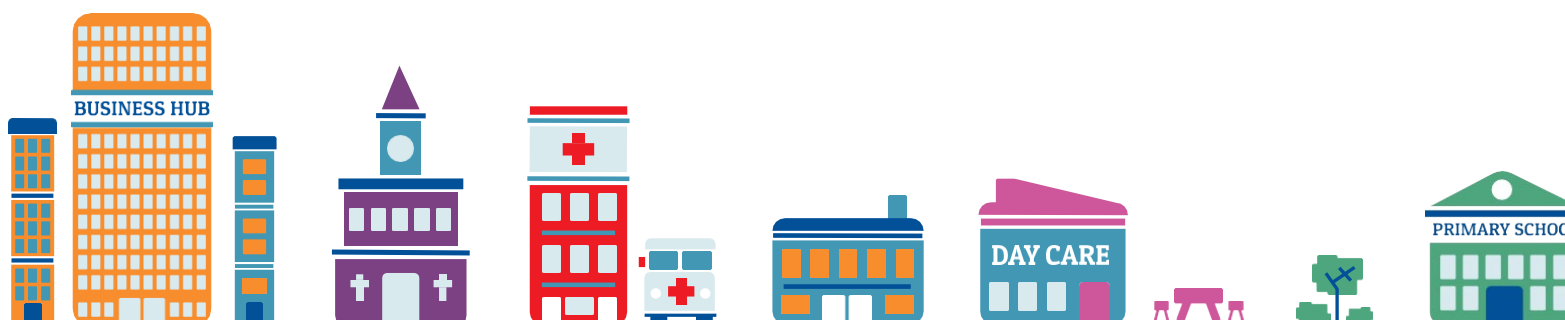
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<https://zoom.us/j/92285751754?pwd=SXVSZTUrSVp4SEhTOENTU3VMMzNQdz09>

Meeting ID: 922 8575 1754

Password: 352552



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