

# Crossroads Carers Support Group

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Registered Charity Number 1123043



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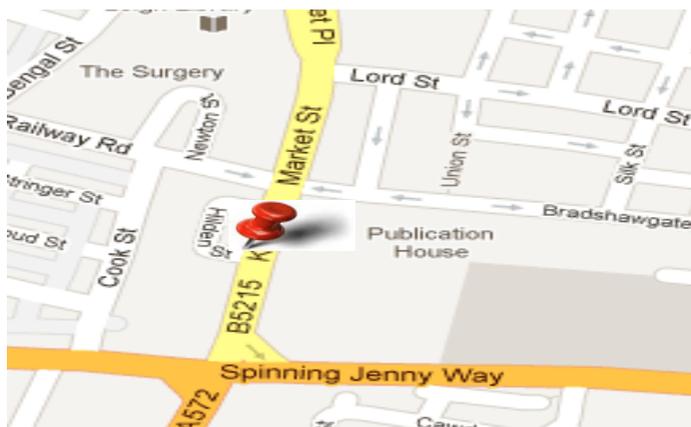
## Happy New Year

Another fabulous year for the Group and without your support this would not have been possible.

Lets hope 2015 will be even better as the number of members grow each year.

In the new year we will be looking to raise additional funds to help the group move forward.

If anyone wishes to help with fundraising or has any ideas they would be welcomed.



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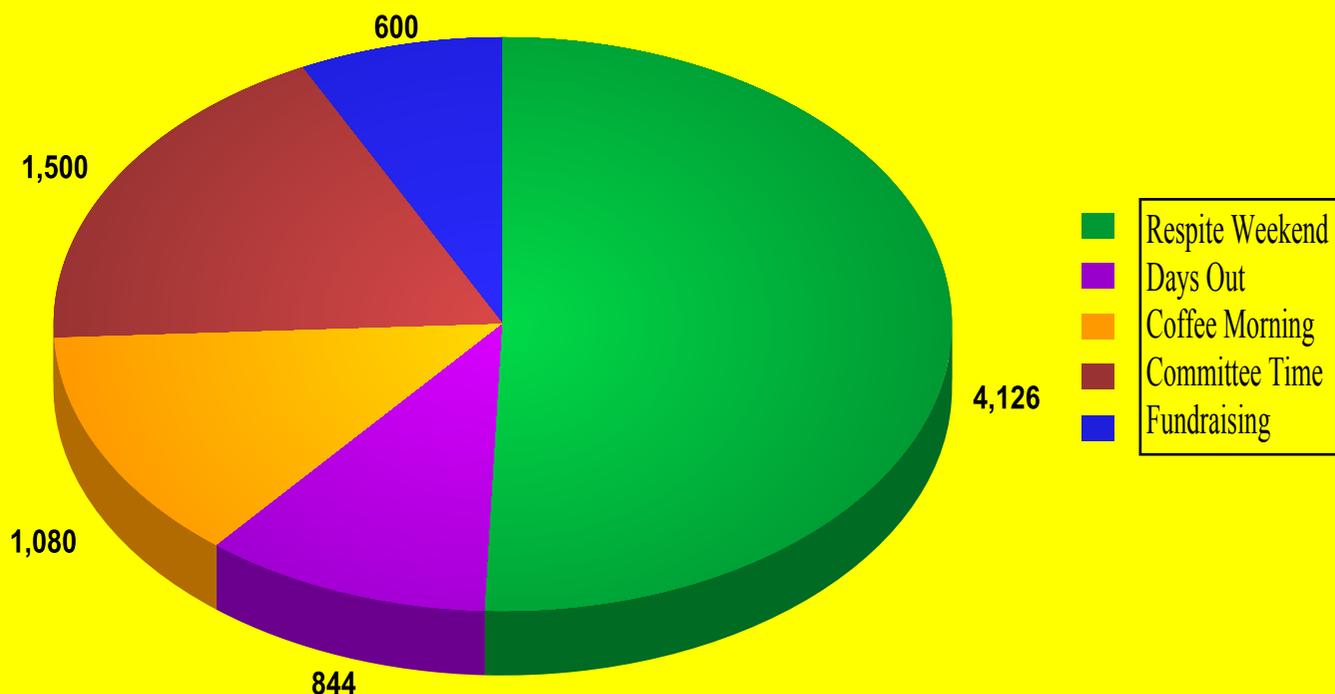
WHY NOT COME ALONG TO OUR INFORMAL COFFEE MORNING  
AT KINGSLEIGH METHODIST CHURCH, KING STREET, LEIGH  
WE OPEN AT 11. A.M.  
WEDNESDAY 11TH FEBRUARY  
WEDNESDAY 11TH MARCH  
WEDNESDAY 8TH APRIL



ENJOY A WARM WELCOME AND AN OPPORTUNITY TO CHAT

Website address: [www.ccsgsupport.com](http://www.ccsgsupport.com)

# Group Outcomes 2013-2014



As you can see our volunteers and committee gave 2100 hours of their own time. Carers and Young Carers benefited in that time by CCSG providing 6050 hours breaks from their caring role. Thank you to one and all.

## Recipe

- 220g salmon fillets
- 400g prepared mashed potato
- 100g frozen peas
- 2 tbsp. olive oil
- A little plain flour
- Large handful chopped parsley (optional)



- **Skin and cube the salmon, then heat a tablespoon of olive oil in a heavy based frying pan and cook the salmon for 5 minutes, turning it a few times, until just cooked.**
- Spoon the mash into a large bowl, add in the salmon and parsley, if you fancy it, and carefully mix together.
- Divide the mixture into 4 and shape into fishcakes. Dip the cakes in a little plain flour to coat.
- Heat another tablespoon of oil in the heavy based frying pan and fry the fish cakes for a few minutes on each side until golden.
- Cook the peas following the pack instructions and serve together.
- Make sure your dinner is fully cooked and piping hot before serving it up

# OUTINGS

## CHRISTMAS PANTO

Everyone enjoyed the Christmas Pantomime, Sleeping Beauty at Southport. Pictured below are some of the children on the day receiving a present from Father Christmas who appeared on the coach.



## XMAS MEAL at THE WHISTLING WREN

Yet again Carers had a time to relax and socialise at our Christmas meal at the Whistling Wren in Leigh. Excellent food and atmosphere.

A great day for our members to round off our year.

A huge thank-you to Janet Burtonwood and Alison Waite for providing and presentation of the Christmas raffle prizes



## FUNDRAISING

Thank you to everyone who supported our Xmas Fayre on the 7th of December. We raised £258, despite the weather.

# YOUR HEALTH MATTERS

## 10 ways of looking after your well-being

It's not always easy to take time for ourselves, but we need to make sure that we are healthy, both physically and emotionally.

Mentalhealth.org.uk have posted 10 ways of looking after your mental health:

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink alcohol sensibly
5. Keep in touch with friends
6. Ask for help if you need it
7. Take a break
8. Do something you're good at
9. Accept who you are
10. Care for others

## Let your doctor know you are a carer

Make sure your details are added to the carers' register at your GP practice. In most cases the surgery will:

- provide you with a free flu vaccination
- offer you a Carers Health Check
- be flexible with appointment times, for both appointments for yourself and/or the person you care for
- share information about the condition of the person you care for (with their consent).

## New Guide- In the Driving Seat

Age UK have produced a new guide 'In the Driving Seat' - what you need to know to stay driving for longer.

The guide covers: renewing driving licences; declaring health conditions; reassessing driving ability; boosting confidence; driving safely; adapting a car; the Blue Badge scheme; making the decision to stop driving; and a list of organisations that can offer help and advice.

You can download the free booklet at [www.ageuk.org.uk](http://www.ageuk.org.uk) or phone 0800 169 65 65 to order a copy



Well done to CCSG Santa who won the Santa competition. Look out for him in the Council Newsletter.

## Eating well

It is true that 'you are what you eat'.

Diet can have a major impact on your health and wellbeing.

When you are under pressure, it is easy to develop bad habits with food resulting in over or under eating.

This can also be the case for the person you care for.

Keeping a food and drink diary can help you keep a record of what you consume.

'Eating well for carers' information is available on the Carers UK website [www.carersuk.org](http://www.carersuk.org)

# MONEY MATTERS

## Ten top tips for saving energy

These simple steps will help you to keep warmth in, cold out, and fuel bills down.

Draw the curtains as soon as it starts to get dark to stop heat escaping through the windows.

Fit draught excluders around doors and windows.

Don't cover radiators with curtains or washing.

Don't overheat your home. Turning your thermostat down by one degree could save you up to £65 a year.

Only heat areas of the house you use, for example turn off the radiator in the spare bedroom if you have individual radiator controls.

Place an insulating jacket over your hot water tank. This can save up to £15 a year.

Don't leave your appliances on standby as they still use electricity. You can save up to £37 a year by turning appliances off properly.

Only boil the water you need rather than filling the kettle completely.

Fit all the lights in your home with energy saving light bulbs and you could save up to £50 a year.

Try to only use your washing machine or dishwasher when it has a full load.

## Guidance for people wanting to manage a bank account for someone else

A booklet has been produced by the British Bankers & Building Societies Association and the Office of the Public Guardian. It provides useful information about managing someone else's money and sets out the documents that are required by the bank/building society before you can manage the account. Download the booklet for free at

[www.bba.org.uk/publications/leaflets](http://www.bba.org.uk/publications/leaflets)

## Flexible Working

Carers UK is delighted that a change in the law means more carers now have the right to request flexible working.

All employees who have worked for the same employer for 26 weeks or more have the right to request flexible working.

Some carers, for example, those caring for a non-family member who did not live with them were denied this right.

Carers UK, along with employers we work with, have wanted the current definition of carers to be made simpler and to encompass more carers.

Requests can cover changing hours, times or places of work. Flexi-time or part-time working are just two examples

Employers can only refuse requests for certain specified reasons and should deal with requests in a reasonable manner.

For more information click on the link below. [www.carersuk.org/help-and-advice/work-and-career](http://www.carersuk.org/help-and-advice/work-and-career) or phone 0808 808 7777

# NOTICE BOARD

OLDER  
PEOPLE

A free 24 hour helpline for older people in the UK has been launched by Esther Rantzen. The **Silver Line** aims to combat loneliness in over 65's by providing information, advice & friendship through calls to trained volunteers.

Telephone **0800 4 70 80 90** would be remembered by older people when they needed friendship or advice.

PEOPLE

## FREE LIFE STORY BOOKLET FROM AGE UK

The Lifebook is a place to write all your important and useful information. Have all this in one place, car insurance, provider of gas and electric and Your TV license. The book is arranged in sections so it is easy to do so You can find what you need easily and quickly.

You can order a copy by **CALLING 0845 685 1061** or visit [www.ageuk.org.uk/home-and-care/home/safety-and-security/lifebook](http://www.ageuk.org.uk/home-and-care/home/safety-and-security/lifebook)

MENTAL  
HEALTH

The **Bipolar UK eCommunity** is a supportive web-based discussion forum for all individuals affected by bipolar. It gives you a safe and secure environment to discuss the challenges you face. The eCommunity is a free service and its operation is supported by donations. *To use the eCommunity you just need to complete a brief online registration and agree to our 'house rules'.* <http://www.bipolaruk.org.uk/e-community> Once you've registered, you'll have access 24 hours a day.

## THE SANCTUARY WIGAN AND LEIGH

**Operating all night, every night**, The Sanctuary will be a place of safety and support, welcoming people experiencing anxiety, panic attacks, depression and / or suicidal thoughts outside of usual office hours, providing an important alternative to A & E for people who, are experiencing a mental health crisis during the night.

Wigan and Leigh residents, or those registered with a GP in the boroughs, can access the service by calling **The Sanctuary on 01942 410522.**

Following a conversation with trained Sanctuary staff, people will then either be offered telephone support or they will be invited to come to The Sanctuary for one to one support.

The Young Minds Parents' Helpline offers free confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

• **Call Young Minds Monday to Friday 9.30am-4pm on 0808 802 5544.**

**Free to mobiles and landlines**

• **Email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk) and Young Minds will respond to your query within 3 working days**

# YOUNG CARERS

## National Apprenticeship Scheme

0800 0150 600.

[www.apprenticeships.org.uk](http://www.apprenticeships.org.uk)

## Skills Solutions

Skills Solutions is the largest work-based learning provider in Greater Manchester, and is one of the largest providers of Apprenticeships in the North West. Call them on **0161 233 2656** to see if they have an apprenticeship that's right for you.

Looking  
For  
WORK

## Wigan Youth Zone 01942 612061

Enterprise and Employability Youth Worker Sikander Ali  
From our dedicated Enterprise Suite he runs our job clubs, CV workshops, application and interview training and apprentice opportunities.

**Wednesday Drop In 4-8 pm. Cost 50p**

## National Careers Service

0800 100 900.

[www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)

## HELPLINES

**Childline** 0800 111 ,For Anyone aged 18 or under who wants to talk day or night talk about any problem. You can make up a name, they keep everything private and it doesn't show up on BT 'telephone bills'.

**Samaritans** 0345 909090 For anyone in distress or suicidal. They will listen day or night and keep everything private.

**Talk to Frank** 0800 776600 Yes Confidential advice or information for anyone with a drug problem, their own or someone in the family e-mail: [frank@talktofrank](mailto:frank@talktofrank) website: [www.talktofrank.com](http://www.talktofrank.com)

**Drinkline** 0800 917828 For anyone concerned about his or her own or someone else's drinking. 9am-11pm Tuesdays to Thursdays and 9am Friday to 11pm on Monday

Wigan Young Carers 01942 705 962 [youngcarers@wigan.gov.uk](mailto:youngcarers@wigan.gov.uk)

Z E I G A S F D I C E D H  
E Z E E R F E R Y G R O C  
H S N S T F G N O A Z O L  
F G Y E L O N T Z S L B C  
C N D R E U R Z E D T A D  
G I N T S B I N I E C D R  
O N I I R L N S A L L T I  
F T W M B L S E O D E S Z  
F H A T O L T U R O O D Z  
N G T H U N D E R R S N L  
I I M L O S T O R M N T E  
L L A L Y Z O L N L O G D  
F A N R L I A H L H W O T

BLIZZARD  
CLOUDS  
COLD  
DRIZZLE  
FOG  
FREEZE  
FROST  
HAIL  
HOT  
ICE  
LIGHTNING  
RAIN  
SLEET  
SNOW  
STORM  
SUNNY  
THUNDER  
TORNADO  
WINDY

Are you a Young a Carer and have something to say for the next issue or perhaps a topic you would like information on. Email the Group or text to **07807 210913 / 01942 870364**

# Useful Contacts For Carers

• Greater Manchester Police **Non Emergency Ring 0161 873 5050**  
For fire, police, ambulance emergencies **Emergency Ring 999**  
**Crimestoppers 0800 555 111**

## UTILITIES

• Gas Escapes - Transco **0800 111 999**  
• Electricity Supply - United Utilities **0800 195 4141** Water Supply - United Utilities **0845 746 2200**

## HEALTH

Dental Emergency - In Normal Hours **0845 603 8504** Out of Normal Hours **0845 603 8504**  
Wigan Infirmary Accident and Emergency **01942 822 440**  
Continence Advisory Service **01942 482497**

## WIGAN COUNCIL

Phone: **01942 244991** Minicom: **01942 404141** Web: [www.wigan.gov.uk](http://www.wigan.gov.uk)

Housing Benefits & Council Tax Benefit - **01942 828644**

Wigan Central Duty Team **01942 828 777** [sscdt@wigan.gov.uk](mailto:sscdt@wigan.gov.uk)

Children & Young People's Services - **01942 486123**

Housing Repairs - **01942 705040**

Wigan Environmental Services - **01942 404364**

Adult Services out Of Hours **0161-834-2436**

## October Coffee Morning Guest Speaker

CCSG would like to thank Peter Donohue from Stephenson's Solicitors for attending our coffee morning to give a talk around Community Care Law.

A very informative presentation in during ever changing times for community care and the effect this will have on carers.



**All the views expressed in the publication are individual and not necessarily the view or policy of the support group or its supporters.  
Editor. Andrew Shacklady**

**You can access the Website by scanning the QR CODE**



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**Registered Charity NO 1123043**

