

C.C.S.G. (Crossroads Carers Support Group)

CARERS FREE COPY

Tel: 07807 210913

E-mail: ccsg.group@hotmail.com

Web: www.ccsgsupport.com

Facebook: @reachingcarers



Available Online

Reg. Charity Number 1123043

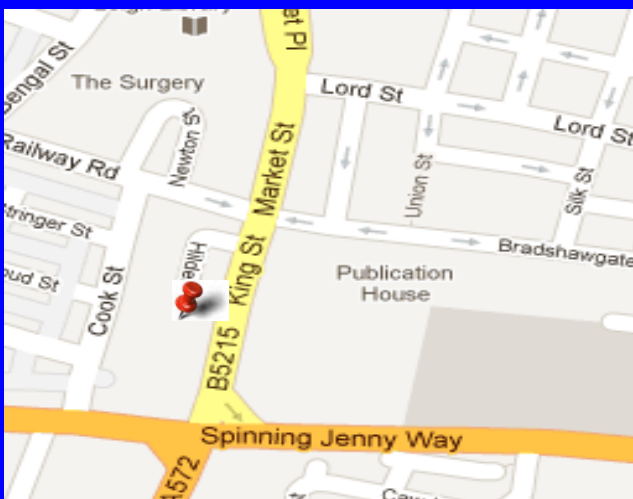
Happy New year

Hi Everyone. We hope you are well and keeping safe.

I recognise that after the Government announced another lockdown, you may be feeling anxious and concerned. We will keep connected with you by phone, text, Facebook, Zoom and our Newsletter giving information to support you at this difficult time.

During 2021 we will be Increasing awareness of carers. Whilst highlighting our achievements we will be putting on events when Covid permits and lets hope that we have a better year this Year.

Regards Andrew Shacklady, Newsletter Editor



**KINGSLEIGH METHODIST CHURCH,
KING STREET, LEIGH WE OPEN AT 11. A.M.**

Our Coffee Morning are closed at present
due to the Cononavirus Epidemic.
Dates will be available ASAP.



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TELEPHONE: 07807 210913

www.ccsgsupport.com

MONEY MATTERS

Department of Work & Pensions

Information & advice on welfare and pensions

www.gov.uk/dwp

DLA 0345 712 3456

PIP 0345 850 3322

AA 0345 605 6055

Tax Help for Older People

Offers independent advice from qualified tax advisers for people in later life on a low income.

Tel: 0845 601 3321 www.taxvol.org.uk

United Utilities Grants

United Utilities have a grant scheme for those who may not be able to meet the costs of their water bills and other associated costs, please see link below for further information, eligibility criteria etc: www.uutf.org.uk

Ten top tips for saving energy

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

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.

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.

Free debt advice and support

If you are struggling with debt here are some organisations who may be able to help.

Debt Advice Foundation: 0800 043 4050 | debtadvicefoundation.org

Debt Support Trust: 0800 085 0226 | debtsupporttrust.org.uk

National Debtline: 0808 808 4000 | nationaldebtline.org

StepChange: 0800 138 1111 | stepchange.org

More information on dealing with debt

Citizens Advice: citizensadvice.org.uk/debt-and-money

Money Advice Service: moneyadviceservice.org.uk/en/categories/taking-control-of-debt

Keep Warm. Keep Well

Most of us face a tricky balancing act of staying warm and healthy while keeping an eye on the cost of heating. Help is at hand. Take control of your fuel bills with this FREE service.

Call: 01942 404261 to speak to a member of their team or visit: www.wigan.gov.uk/warmhomes

ONLINE FRAUD

If you receive an email you're not quite sure about, forward it to the Suspicious

Email Reporting Service (SERS): report@phishing.gov.uk

If you think you have been a victim of fraud, please report it to Action Fraud at

<https://www.actionfraud.police.uk> or by calling 0300 123 2040.

TELEPHONE: 07807 210913

www.ccsupport.com

Carers and Young Carers Assessments

A carers assessment

Under the Care Act 2014 which came into effect April 2015, you have a right to request a carer's assessment from the local authority if you have a need for support in your caring role. You can request an assessment regardless of the amount or type of care you provide, or your financial means.

You do not necessarily have to live with the person you are looking after or be caring full time to have an assessment.

You can have an assessment whether the person you are looking after has had a needs assessment, or if the local council have decided they are not eligible for support.

Contact Wigan Carers Centre to request an assessment 01942 705959

YOUNG CARERS ASSESSMENT

Some important things to know;

1. You should not be relied on to keep someone safe on your own.
The Local Authority must find a way of addressing this if this is the case.
2. Your caring role should not have a negative impact on your health, wellbeing or education. The Local Authority must find a way of addressing this if this is the case.
3. If your circumstances change, you are entitled to have another assessment which should be revised on a regular basis.
4. You should also have what is called a 'transition assessment' before you turn 18, to make sure that the Local Authority is appropriately planning for your support as you become an adult.

Contact Wigan Young Carers to request an assessment 01942 705959

Celebrating some of our Christmas Hamper Raffle Winners



Support Crossroads Carers Support Group

When you shop at smile.amazon.co.uk,
Amazon Donates

Visit smile.amazon.co.uk

smile.amazon.co.uk

Connecting Carers is a closed Facebook group for carers registered with CCSG. This community is a place for carers to meet, exchange practical tips and build friendships.

To join please email ccsg.group@email.com

DEMENTIA CARE

Exercises for disabled people

Get Yourself Active is pulling together resources for disabled people to keep exercising through the Coronavirus crisis. First up, some chair-based work outs:

www.getyourselfactive.org/stories/get-yourself-active-at-home

Call in Time – Age UK

A free telephone friendship service for people 60 and over. You will need to sign up via their website:

www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending
Or call 0800 678 1602

Self referral to Citizens Advice

You can now self refer to Citizens Advice via The link below.

<https://www.cawb.org.uk/contact/self-referral>

BBC Music and Dementia

Teaming up with the BBC World Service and listeners Across the world. BBC Music Memories has expanded its archive of clips and its range of \memory Radio Episodes to span decades, culture and life experiences.

Listen and find out more at;
www.bbc.co.uk/musiciandementia

Help with fuel costs

There are a number of ways you can get help with fuel costs:

- * Winter Fuel Payment – if you have reached the qualifying age
 - * Cold Weather Payment – if you're receiving certain benefits
 - * Warm Home Discount Scheme – if you meet certain qualifying conditions
- Find out more at www.carersuk.org

The Herbert Protocol

Do you care for someone who has dementia and worry that they might go missing? There is nothing more frightening or distressing than when a loved one, friend or neighbour fails to return when they should. For people living with someone with dementia, this could be quite common and The Herbert Protocol could give you some peace of mind.

The Herbert Protocol is a national scheme being introduced locally by Greater Manchester Police and other agencies which encourages carers and family members to compile useful key information which could be used in the event of a person with dementia going missing.

DOWNLOAD THE FORM & FIND OUT MORE AT: www.gmp.police.uk/Herbert

AVOIDING SCAMS AGENCIES THAT CAN OFFER MORE INFORMATION:

- Take Five www.takefive-stopfraud.org.uk
- Age UK offer two booklets, Information Guide Avoiding Scams and staying safe. Helpline 0800 855 6112 • www.Ageuk.org.uk
- Independent Age Advice line 0800319 6789 • www.independentage.org

Accessibility App

Blue Badge Parking (free) BlueBadgeParking.com is the worlds biggest and most up to date crowd-sourced map of disabled parking spaces.

MENTAL HEALTH CARE

Clear Fear

A free app (from stem4) to help Teenagers and young people manage the symptoms of anxiety.

<https://stem4.org.uk>

Cove

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calmness and anger.

You can store your music in a personal journal, or send them to someone and let the music do the talking.

How do I get an Independent Mental Health Advocate?

The staff in the mental health services you use, can give you the information and a leaflet.

You or your family can ask for an Independent Mental Health Advocate.

An Independent Mental Health Advocate can come and speak with you about what they do and answer your questions.

Need urgent help with your mental health?

You can now call our **Wigan** 24/7 mental health crisis line for **FREE**.



0800 051 3253



www.nwbh.nhs.uk/help-in-a-crisis

NHS
North West
Boroughs Healthcare
NHS Foundation Trust

If you or someone you know may be struggling with their mental health, please don't be afraid to get the support you need.

There are lots of places you can access support.

If you're in a mental health crisis, please call the 24/7 mental health crisis line on 01942 636 395.

<https://healthierwigan.nhs.uk/covid-19-mental-health-services/>

THINK WELLBEING IN WIGAN

Free NHS therapy for adults over the age of 16 to help with common mental health issues such as anxiety, depression, panic, phobias, post traumatic stress disorder and obsessive compulsive disorder.

Call 01942 255 675 or refer yourself online www.nwbh.nhs.uk/think-wellbeing

If you need urgent help or an emergency appointment see your GP or call the mental health assessment team: 01942 482239

APPS

Worry Tree (free) The WorryTree app aims to help you take control of worry wherever you are. You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.

The Triangle of Care

Carers Included: A Guide to Best Practice in Mental Health Care in England

<https://www.gmmh.nhs.uk/download.cfm?ver=1364>

TRAINING AND LEARNING

Free Open University Courses OpenLearn

Free courses are available immediately.

Our courses do not have a start and end date.

You can start right away or at a time that suits you.

There are around 1000 courses to choose from.

The courses always focus on a specific area of learning.

If you're interested in taking an Open University course

but are not sure what to study or if distance learning is

right for you, then OpenLearn lets you get a feel for

what's on offer.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

Want to get into Knitting

For a wide range of wool, craft supplies, free patterns and video tutorials visit

www.lovecrafts.com/en-gb

Let's Knit magazine has a good website for advice, chat and patterns at;

www.letsknit.co.uk

More free knitting and crochet patterns are available at;

knitrowan.com/en/designs-patternsE

Online learning

There are some free online courses which cover all the basics, such as, how to use a keyboard and mouse or how to use a touchscreen. These websites are easy to navigate and you don't even need to register to start learning;

Learn My Way www.makeitclick.learnmyway.com

Lloyds Bank Academy www.lloydsbankacademy.co.uk

Age UK guides on how to use the internet www.ageuk.org.uk/information-advice

Online Learning Resources For Children and Young People

English- <https://www.bbc.co.uk/bitesize>

Maths - <https://www.mymaths.co.uk>

All subjects - <https://www.senecalearning.com/en-GB/>

Do2learn free social skills, self-regulation, songs, games and life-skills

<https://do2learn.com/>

Extensive speech & communication resources:

<https://eput.nhs.uk/community-health-services/childrens/speech-language-therapy/resources>

Resources including life-skills:

<https://www.tes.com/teaching-resources/hub/whole-school/special-educational-needs/>

ASDAN brand new free resources age 10-19+, life & work skills:

<https://www.asdan.org.uk/resources/free-resources>

150 sensory learning activities:

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>

A list of sensory activities, and general purpose planners to plan the day:

<https://illinois-stay-at-home-kit-and-specialist-visual-planning-aids> to print

Health Matters

NEED TO FIND YOUR G.P. Contact details. Click below;
<https://www.nhs.uk/services/trusts/gps>

Do you or the person you care for have a diagnosis of asthma?

Asthma UK and the UK Inhaler Group have created a new collection of easy-to-watch videos covering all the major brands – you can improve your technique in three minutes! Improve your inhaler technique in three minutes! Watch these short videos to learn how to use your inhaler properly and better manage your respiratory symptoms
<https://www.asthma.org.uk/inhalervideos>

Keep Warm. Keep Well.

Most of us face a tricky balancing act of staying warm and healthy while keeping an eye on the cost of heating. Help is at hand. Take control of your fuel bills with this FREE service. Call: 01942 404261 to speak to a member of their team or visit:
www.wigan.gov.uk/warmhomes
Save Money. Save Hassle.

HEALTH CHECKS ARE JUST ‘BOX-TICKING’

<https://www.autismeye.com/health-checks-learning-disabled/>

DOMESTIC ABUSE

Domestic abuse is unacceptable in any situation, no matter what stresses you are under. If you are worried about domestic abuse there are a number of organisations out there who want to help.

- Refuge—Help line 0808 2000 247
- Women’s Aid— Wigan 01942 496094
- Mankind— Helpline 01823 334244
- Drop in and Share (DIAS)- Helpline 01942 495230

Annual Health Check

Contact urge parents to get young people with learning disabilities registered for an annual health check
Contact want to remind parents who care for a young person with a learning disability to get them added to the GP learning disability register so they don’t miss out on their annual health check.
working with NHS England, parent carer forums and families to help boost the number of young people on GP learning registers so they can be invited for this check. Currently only 53% of people with learning are having the health check they are entitled to.

Mental wellbeing audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Winston’s Wish

Supports bereaved children and young people under 19 as well as their parents/carers and siblings.
Telephone 08088 020 021
www.winstonswish.org

CARERS OF CHILDREN AND YOUNG PEOPLE

Education Health and Care Plan

If you disagree with the choice of school or college named in your child's plan (or aspects of the plan) you can appeal to the SEND tribunal.

For more information, see www.ipsea.org.uk/appealing-to-the-send-tribunal.

It is also advisable to contact SENDAS to see if the disagreement can be resolved without having to go to tribunal.

How to potty train a child with autism: The complete guide <https://ginadavies.co.uk/potty-training/complete-guide/>

Wigan Council

Special educational needs and disability - Local Offer.

<https://www.wigan.gov.uk/Resident/Education/Special-Educational-Needs-and-Disability/Local-Offer/Parent/index.aspx>

LEARNING DISABILITY REGISTER

Anyone with a learning disability can be added to the register even if they don't have a formal diagnosis. If it's unclear whether someone has a learning disability, ask the GP to assess them using this simple Learning Disability Register Inclusion Tool: bit.ly/3l0n9zO

Bedwetting (also known as nocturnal enuresis) affects around half a million children and teenagers in the UK. It's an issue families can find very isolating and difficult to talk about openly. It can take a huge toll on family life and affect kid's self-esteem and emotional well-being.

<https://www.eric.org.uk/Pages/Category/bedwetting>

Education

You must never be encouraged or pressured into transferring your child to another school in order to avoid an exclusion or because the current school is of the opinion that the child's needs cannot be met. This practice is unlawful and contrary to the Disability Discrimination Act.

AbilityNet's ITCanHelp volunteers provide free IT support to older people and people with disabilities of any age. Our volunteers can support people located anywhere in the UK. They are all disclosure checked and can help with all sorts of IT (information technology) challenges, from setting up new equipment, fixing technical issues, showing you how to stay connected to family and use online services.

You can request our support by:

- Using the Request our help' form
- Calling our helpline on 0800 048 7642 (freephone and minicom) during UK office hours
- Sending an email to enquiries@abilitynet.org.uk

HELPFUL FREE ONLINE RESOURCES FOR PIP

Mencap. <https://www.mencap.org.uk/advice-and-support/benefits/personal-independence-payment-pip> (an on-screen PIP guide)

YOUNG CARERS

Who is a young carer?

There are about **175,000 young carers in the UK** who provide care or support to a family member who is disabled, physically or mentally ill, or has a substance misuse problem.

Their day to day responsibilities often include:

Cooking, cleaning, shopping, providing nursing & personal care and giving emotional support.

Young Minds

Being a young carer can be difficult, and sometimes a 24/7 job.

How do you care for someone whilst also making sure you're looking after your mental health?

<https://youngminds.org.uk/blog/how-to-look-after-your-mental-health-as-a-young-carer/#tips-for-looking-after-yourself>

KOOTH - Online support for young people

Watch the video below to find out how Kooth works and everything it has to offer.

<https://www.kooth.com/>

CalmHarm App has a range of tasks to help people resist or manage the urge to self-harm, such as
Comfort,
Distract,
Express Yourself,
Release,
Random,
Breathe.
Why not have a look at the website <https://calmharm.co.uk/>

YACbook is an online community and resource centre for young adult carers across the UK.

It has information on a range of subjects aimed at young adult carers such as mental health, education and work, and has regular blog posts and video interviews from young adult carers.

You can also get involved and submit your own stories to the blog.

<https://www.yacbook.co.uk>

Online Safety websites

<https://www.net-aware.org.uk/>
<https://www.saferinternet.org.uk/>
<https://www.thinkuknow.co.uk/>

ELSA Support have a huge amount of brilliant resources available to download and print. Lots of stuff like mood trackers, wellbeing, calming strategies, challenges and bereavement support:
www.elsa-support.co.uk

Wigan and Leigh Young Carers

Why not make friends. Contact Wigan & Leigh Young Carers
Telephone : 01942 705959 Email: info@wlcccarers.com

Where to look for support while you're on the CAMHS waiting list

<https://youngminds.org.uk/blog/where-to-look-for-support-while-you're-on-the-camhs-waiting-list/>

GRANTS

Children Today

Provides grants for specialised equipment, such as electric wheelchairs, walking aids, adapted trikes, adapted car seats, specialist seating, hoists, sensory equipment, weighted blankets and more.

Eligibility criteria: Children and young people with a disability up to the age of 25 years.

To apply: Contact info@childrentoday.org.uk

You will need to provide a reference from a health professional who works with your child and a quote from the supplier of the equipment.

The Adamson Trust

Provides financial help with the cost of holidays or respite breaks.

Eligibility criteria: Children and young people aged between 3 and 17 years with physical, mental or emotional impairments.

To apply: Download an application form from www.theadamsontrust.co.uk.

You will need to provide supporting evidence from a professional and details of the planned holiday.

Family Fund - Help families across the UK

who are raising a disabled child or young person with additional complex needs or children and young people with a serious illness.

Applications for a Family Fund grant can be made by the parent or carer of the disabled child or young person. Young people aged 16 and 17 can make an application in their own right.

Telephone: **08449 744 099**

Zebras Recreation Fund

The charity provides recreational funding to people living with disabilities, and those who have undiagnosed conditions that limit their daily life. The funding will give people the chance to access leisure facilities and recreation where they want and in their own free time. The funding can be put towards a family holiday or short break. The funding is available to disabled children and adults throughout the UK. <https://www.zebrascacharity.org.uk>

Disability Grants

This website provides a lot of useful information and advice on holiday grants for disabled children and adults and their carers. Website: www.disability-grants.org
Email: contact@disability-grants.org

Happy Days Children's Charity

www.happydayscharity.org

Funds holidays and day trips for young people and their families, as well as day trips and activity for groups. Eligibility criteria: Children aged 3–17 years with learning difficulties, physical or mental disabilities, and with acute, chronic or life-limiting illnesses. Also young people who have been abused or neglected, witnessed domestic violence, been bereaved or who act as carers for a parent or sibling. To apply:

Download an application form from www.happydayscharity.org/applications or call 01462 530710.

C.C.S.G. does not endorse any of the products or services displayed within this magazine and offer these articles for information purposes only.

CCSG REGISTRATION FORM

In accordance with the General Data Protection Regulation 2018 (GDPR) the information that you provide on this registration form will be entered into a secure, password protected database and the paper copy will be held in a locked filing cabinet. We collect and process information about you in order for us to be able to support your needs as a carer, for example by helping you with forms or referring you to another organisation for advice. Please ask for our Privacy Statement for more information about how we collect and process data.

Consent - please sign below

I am a carer and I give consent for the Carers Information Service to collect and process my information, in accordance with the General Data Protection Regulation 2018 (GDPR) and the Carers Information Service Privacy Statement.

Signature _____ **Date** _____

Please complete this form in **BLOCK CAPITALS**. Fields indicated * are mandatory, all others are optional.

YOUR DETAILS

Title First name* Last name*

Address*

Postcode*

Telephone Number:

Email Address

Gender

Date of Birth* ____ / ____ / _____

First Language

Name of doctor's surgery

DETAILS OF PERSON YOU CARE FOR

Title First name

Last name Date of Birth ____ / ____ / _____

DISABILITY OR HEALTH CONCERNS

Useful Contacts For Carers

- Greater Manchester Police **Non Emergency Ring 0161 873 5050**
For fire, police, ambulance **Emergency Ring 999**

UTILITIES

Gas Escapes - **0800 111 999** Electricity Supply **0800 195 4141**
Water Supply - Leaks **0800 330 033**

HEALTH

Dental Emergency **01942 614390** Out of Hours **0333 332 3800**
Wigan Accident and Emergency **01942 822 440**
NHS Direct **111**
Continence Service **01942 482497**
G.P. Out of Hours **01942 829911**

WIGAN COUNCIL

Phone: **01942 828777** (Adults) **01942 828300** (children)
Out Of Hours **0161-834-2436**

ORGANISATIONS

Crossroads Carers Support Group - 07807 210 913
CALM Helpline for men - 0800 58 58 58
Carers In Mental Health - 01942 261753
Citizens Advice Bureau - 0300 330 1153
Dementia Buddy - 01942 888990
Domestic Violence Help - 0808 2000247
Lowton Mencap - 01942 608942
Mental Health Crisis - 01942 636 395
Mind - 0300 123 3393
NSPCC - 0808 800 5000
Samaritans - 116 123
Think Ahead Stroke Group - 01942 824888
Wigan and Leigh Young Carers - 01942 705959
Wigan Parent Carer Forum - 01942 939668

Domestic abuse

- Refuge—Help line **0808 2000 247**
- Women's Aid—Wigan **01942 496094**

CCSG Postal Address

C/O
4, Cherington Drive
Tyldesley
Manchester
M29 8WE



If you have anything you would like to see in the next newsletter, a poem or a story, an article, your favourite recipe.
Please E-mail it to:
ccsg.group@hotmail.com
or contact us on 07807 210913

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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



HM Government

In partnership with

THE NATIONAL LOTTERY COMMUNITY FUND