

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

CARERS FREE COPY

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Facebook: @reachingcarers



Available Online

Reg. Charity Number 1123043

Summer Newsletter

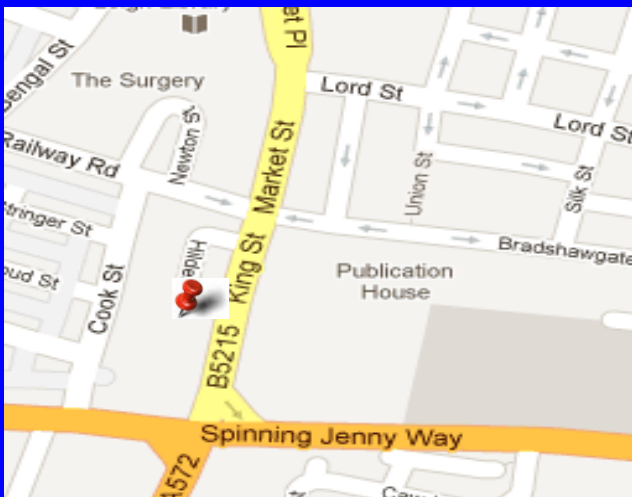
Hi Everyone

Welcome to our Summer Newsletter. I hope you are all keeping well. Lets hope we can all meet up again soon. We will keep you updated via our Facebook pages and Newsletters.

You can call us by telephone or text if you need any support.

STAY SAFE STAY WELL

Andrew Shacklady



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

Our Coffee Morning are closed at present
due to the Conoravirus 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

TV LICENSE

The BBC said there would be a "Covid-safe" payment system, meaning people can apply online, and there will be a dedicated phone line and support staff.

"No-one needs to take any immediate action, or leave their home, to claim for a free TV licence or pay for one," a statement said.

TV Licensing will write to all licence holders aged over 75 with clear guidance about how to pay, it said.

For now, if you are over 75 please ignore any emails or letters you receive asking you to pay your TV licence as they may be a scam.

MANAGE YOUR MONEY, DON'T STRUGGLE WITH DEBT

For help and advice on how to manage your money,

visit: www.wigan.gov.uk/moneyadvice Alternatively, email welfarerightsadvice@wigan.gov.uk for information about the council's welfare outreach sessions.

Macmillan Grants

Macmillan Grants are small, one-off means-tested payments to help with the extra costs that living with cancer can bring. Find out how to apply.

See here for more information:

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/financial-help/macmillan-grants>

More money in your pocket. Click on the link;

<https://www.ageuk.org.uk/>

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

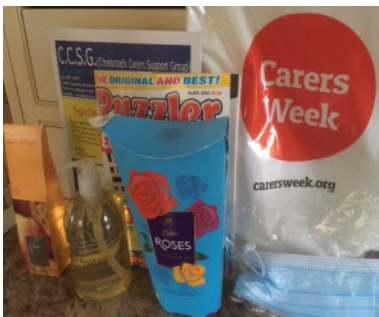
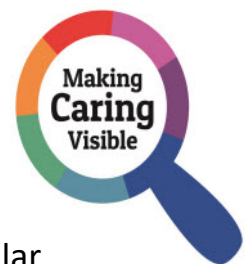
A Big Thank You to Lucy Lusse Alves who is raising funds for CCSG.
Please give what you can.

Lucy is trying to raise £10,000 for our group.

<https://www.justgiving.com/crowdfunding/lucy-lussealves...>

A Big Thank you to Forever Manchester for the funding during lockdown to enable us to continue to connect with our carers and support them at a difficult time.

Carers Week



Celebrating Carers Week in lockdown.

Forty goody bags were given out to carers
While we were unable to meet at our regular
Coffee Mornings.

Seventy magazines were also given to
Carers to help support them during lockdown.

A few of our Connecting Carers raffle winners. Well done.



Competition Time

We'd love to see what you're doing while isolating. So send us your photos and the best one will win a £20 health and beauty voucher.

Email ccsg.group@hotmail.com or send to group phone 07807 210913

Closing date 31st August

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-upfor-telephone-befriending
Or call 0800 678 1602

The Alzheimer's Show has developed a DIGITAL HUB, a series of FREE webinars – packed with useful advice and practical tips you can use during the pandemic and beyond. Plus you'll have the opportunity to put your own questions to the carefully selected experts and specialists
<https://alzheimersshow.co.uk/digital-hub>

Advocacy: Be Heard

Helping those aged 60+ with tribunals, consumer issues, health care and housing challenges. Telephone 01942 241972 or email enquiries@ageukwiganborough.org.uk

<https://www.ageuk.org.uk/wiganborough/our-services/advocacy-be-heard/>

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

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<https://alzheimersshow.co.uk/digital-hub>

Jelly Drops

The sugar free, vegan jelly drops contain 95% water. They were invented by Lewis Hornby after His grandmother who had dementia was admitted to Hospital with dehydration.

To find out more about Jelly Drops visit www.jellydrops.co.uk

MENTAL HEALTH CARE

TAKE THE 20 MINUTE ZERO SUICIDE ALLIANCE TRAINING FOR HELP WHEN TALKING TO PEOPLE WHO ARE FEELING SUICIDAL:
WWW.ZEROSUICIDEALLIANCE.COM

Learn how to be happier

10 Days of Happiness is a free 10-day online coaching program which guides you through daily actions for happier living.
<https://10daysofhappiness.org/>

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 for you. An Independent Mental Health Advocate can come and talk to you about what they do and answer any of 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



NHS
North West
Boroughs Healthcare
NHS Foundation Trust

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

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

Menstrual Cycles & Mental Health

PMS and How It Can Affect Your Mental Health

https://yoppie.com/blogs/fem-life/pms-why-you-feel-sad-before-your-period?_pos=1&_sid=1abff0d04&_ss=r

Mental wellbeing audio guides

<https://www.nhs.uk/.../moodzone-mental-wellbeing-audio-guides/>

TRAINING AND DEVELOPMENT

Learning for Living

If you spend a lot of time caring for another person it can sometimes feel like you lose track of your own plan in life. Learning for Living is designed to help you recognise skills gained through caring to help you apply those skills in relevant environments such as paid work or volunteering.

<https://www.learning4living.org/login/index.php>

Caring Counts - free course for carers

The Open University also has a free reflection course for carers called 'Caring Counts'.

This is aimed at unpaid carers at a transition in their caring role who may be wondering about their next steps.

Visit www.open.edu/openlearncreate/caringcounts1 to access the course.

There are lots of places offering free online learning at the moment.

Here's a few of them below:

<https://alison.com/>

<https://www.open.edu/openlearn/>

Create online courses for teachers and school staff.

Currently they have a number of courses that are free to parents and carers, including Parenting in a Pandemic and Supporting Primary to High School Transition.

www.schudio.tv/collections

Promas Training Go to promasonline.co.uk to register, click SIGN UP and then please

wait for your account to be approved.

Once approved login and you will automatically have access to courses 1,2 and 3.

- 1.Are you a carer? (unlimited places)
- 2.Impacts and Challenges (unlimited places)
- 3.Understanding and Coping with Challenges (unlimited places)

MAXIMUS TRAINING (NOT IN EDUCATION, EMPLOYMENT OR TRAINING)

Email jchantler@maximus-training.com to request enrolment application form and zoom invite.

You must be over the age of 19 years and not be in any form of employment, living in the

Greater Manchester Area. Online courses:

Managing your money, functional skills – Maths & English, NCFE digital skills level 1 and level 2

Health Matters

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

People living with diabetes in Greater Manchester are being encouraged to take greater care of their health as new online tools for managing the condition are made available by the NHS.

<https://www.gmhsc.org.uk/news/online-boost-to-diabetes-care-during-pandemic/>

Hoist guidance: Advice on finding the right hoist to use and the options available, this website has a lot of useful factsheets.

www.dlf.org.uk/content/full-list-factsheets

NHS online fitness studio

The NHS has created an online fitness studio to help you exercise at home using techniques from aerobics, pilates, yoga and more.

Try following some of their videos – they range from just 15 minutes to 45.

www.nhs.uk/conditions/nhs-fitness-studio/

HEALTH CHECKS ARE JUST ‘BOX-TICKING’

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

Changing Places toilets to be made compulsory

Changing Places toilets for disabled people are being made compulsory for new buildings from 2021.

Well done the Changing Places campaign!

The Home Health Hub is a new web feature from Inspiring Healthy Lifestyles for everyone to use.

It covers all aspects of wellbeing from live online exercise sessions to nutrition to blogs on how to survive lockdown. There is something in there for everyone. As it is still relatively new, content is being created by IHL colleagues and added daily.

<https://www.homehealthhub.org>

There are lots of NHS services that you can access from home.

If you have a health concern and want advice, visit <http://nhs.uk/healthathome>

EasyHealth is full of information that is easier to understand.

<https://www.easyhealth.org.uk/>

CARERS OF CHILDREN AND YOUNG PEOPLE

Ambitious about Autism have a really handy guide for families with pre-school children, either at the start of the autism diagnosis process or recently been through it, with lots of handy tips and links:
www.ambitiousaboutautism.org.uk/information-and-advice/early-years/parent-toolkit/download

Educational Guide for Epilepsy

This guide is for people who work in schools or other educational settings. It provides information on supporting young people with epilepsy to ensure they are safe and included in all aspects of school life.
<https://www.youngpilepsy.org.uk/guide-for-schools/>

Application for travel assistance for pupils with special educational needs and disabilities (SEN & D)

<https://apps.wigan.gov.uk/HomeToSchoolTransport>

Free Webinars

Due to the postponement of some scheduled events, Witherslack Group are excited to be running a series of free webinars to ensure parents, carers and professionals are still getting the support they need whilst at home.

<https://witherslackgroup.co.uk/webinars/>

The School Link team is part of the wider Wigan CAMHS team.

<https://www.nwbh.nhs.uk/school-link-team>

The UK Safer Internet Centre, where you can find online safety tips, advice and resources to help children and young people stay safe online.

<https://www.saferinternet.org.uk/>

More About Me: My Autism Diagnosis

An in-depth guide describing the practicalities of introducing a child or young person to their autism diagnosis.

Get your guide here: <http://www.jkp.com/jkpblog/2019/11/autism-diagnosis-2/>

VICTA is a national charity that provides support to children and young adults from 0 to 29 who are blind or partially sighted and their families. VICTA believes that everyone has the right to an independent and fulfilling life.

VICTA's support, advice, grants and activities enable young people and their families to build skills, develop confidence and help each other toward a more positive future.

www.victa.org.uk

Know your rights...

There is nothing in the Children and Families Act 2014 or the Special Educational Needs and Disability Regulations 2014 to say that a Child/ Young Person must move on to a Further Education College at 16.

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: How To Look After Your Mental Health As A Young Carer. 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?

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/>

HELP WITH YOUR SCHOOL WORK

English - BBC Bitesize and sparknotes.com/shakespeare

Science - educake.co.uk and senecalearning.com

Maths - vle.mathswatch.co.uk and mymaths.co.uk

MFL - Memrise, Quizlet, lyrics training.

All subjects - senecalearning.com

Online Safety websites

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

<https://www.saferinternet.org.uk/>

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

Wigan and Leigh Young Carers

Why not make friends. Contact Wigan & Leigh Young Carers who are based at Compassion in Action's building in Leigh.

Patrick House, 58 Leigh Rd, Leigh, WN7 1QR

Telephone : 01942 679352 Email: info@walyc.org.uk

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/>

Activities at Scotsman's Flash.

Please see attached flyer and for more information, see link below.

<http://www.inspiringhealthylifestyles.org/.../s.../ScotmansFlash>

Starlight Children (UK)

Grants the wishes of seriously and terminally-ill children aged four to 18.

Put on parties, pantomimes, fun centres, distraction boxes and entertainment for children in hospitals and hospices.

Anyone can refer a child for a wish.

020 7262 2881

www.starlight.org.uk

GRANTS

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**

H Fund (UK)

Provides subsidised group holidays for physically disabled children and adults and respite for their carers. When funds are available, they can give grants to families throughout the UK living on low incomes. Tel 01892 860 207

www.3hfund.org.uk

Starburst Foundation

Fund bespoke and specialised equipment e.g. wheelchairs, hoists, and play equipment to children with disabilities.

Web: www.starburst-foundation.org.uk

Email charity@starburst-foundation.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

Marvellous Family Grants are for families facing financial hardship while caring for a child with a serious illness.

They provide support to help families cope, from funding specialist equipment and creative therapies to hospital travel expenses.

<https://www.roalddahl.com/charity/family-grants>

Please note:

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.

CROSSROADS CARERS SUPPORT GROUP REGISTRATION FORM

CARERS DETAILS

Name:

Date of birth:

Current address:

Postcode

Email:

Phone:

Mobile:

CARED FOR DETAILS

Name

Address:

Date of birth:

What kind of care is provided and how often:

Who do you care for? What is your relationship to them?

GP NAME AND ADDRESS

HOW WOULD YOU LIKE TO BE CONTACTED BY US

Telephone:

Post:

Face to Face:

Email:

DO YOU WANT ANY SPECIFIC INFORMATION

Signature

Date:

