

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

**CARERS FREE COPY**

Tel: 07807 210913

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Facebook: @reachingcarers



Available Online

Reg. Charity Number 1123043

## Autumn Newsletter

Hi Everyone

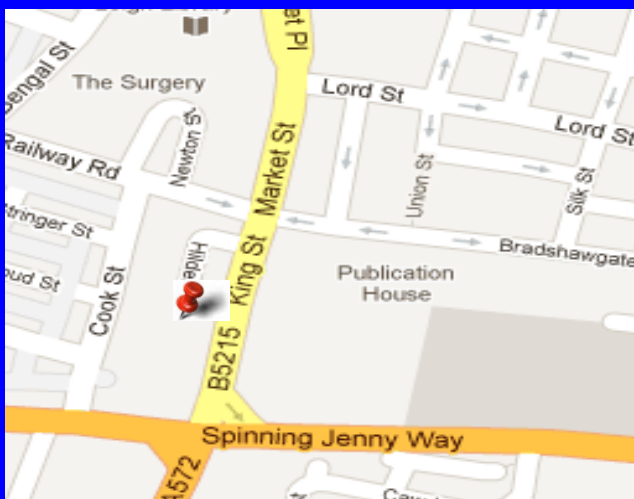
Welcome to our Autumn Newsletter. I hope you re al well and keeping safe.

CCSG has received Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund. This will help us to continue to support carers across The Wigan Borough. This Newsletter is being funded by part of the grant.

Thanks to the Government for making this possible.

Regards

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](http://www.ccsgsupport.com)**

# MONEY MATTERS

## **Department of Work & Pensions**

Information & advice on welfare and pensions

[www.gov.uk/dwp](http://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](http://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](http://www.uutf.org.uk)

## **HELPFUL FREE ONLINE RESOURCES**

- **Contact:** [https://contact.org.uk/media/1186899/pip\\_guide.pdf](https://contact.org.uk/media/1186899/pip_guide.pdf) (a PIP guide for Carers of young people)
- **Disability Rights UK:**  
<https://www.disabilityrightsuk.org/sites/default/files/pdf/PIPGuidetoclaiming.pdf> (a PIP guide for all adults)

## **MANAGE YOUR MONEY, DON'T STRUGGLE WITH DEBT**

For help and advice on how to manage your money,

visit: [www.wigan.gov.uk/moneyadvice](http://www.wigan.gov.uk/moneyadvice) Alternatively, email [welfarerightsadvice@wigan.gov.uk](mailto: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>

## **YOU DON'T HAVE TO PAY VAT ON CERTAIN GOODS AND SERVICES THAT YOU BUY**

If they are to be used exclusively by someone who is disabled – a wheelchair or adapted computer hardware, for example. Certain building work can also be free of VAT.

## **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](mailto: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](http://www.ccsupport.com)**

## **2020 will be a memorable year, commemorate it with the '2020 Memory Maker'.**

As a family or individual, answer 20 questions from the lists below, you could pick randomly or choose your favourites. Record your answers and keep them as a memory for the future.

<https://amazingapprenticeships.com/app/uploads/2020/05/2020-Memory-Maker.pdf>

## **Connecting Carers**

### **Facebook Group**

Connecting Carers is a closed Facebook group for carers registered with CCSG. This community is a place for family carers to meet, exchange practical tips and build friendships. To join please email [ccsg.group@email.com](mailto:ccsg.group@email.com)

### **Support Crossroads Carers Support Group**

When you shop at [smile.amazon.co.uk](https://smile.amazon.co.uk),  
Amazon Donates

Visit [smile.amazon.co.uk](https://smile.amazon.co.uk)

[smile.amazon.co.uk](https://smile.amazon.co.uk)

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



Congratulations to our Lockdown Photo Winner  
Cath Ratcliffe making the most of her time at home.

# 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](http://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](http://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>

## **Delve into Dementia Diaries**

There is an archive of audio diary entries from people living with Dementia At Dementia Diaries. There are transcripts for reading. People share their Lives and thoughts, in posts you can also search for by theme. See the latest entries at [www.dementiadiaries.org](http://www.dementiadiaries.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](http://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](http://www.jellydrops.co.uk)

# 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>

## **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**



[www.nwbh.nhs.uk/help-in-a-crisis](http://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](http://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

## **MindEd**

MindEd is an online e-portal offering free, simple advice to help adults identify, understand and support children and young people with mental health issues. Although it's aimed at professionals, parents and carers may also find the information helpful.

## **Thriving With Nature**

Thriving with Nature - a guide for everyone. Making the most of the UK's natural spaces for our mental health and wellbeing.

<https://www.mentalhealth.org.uk/campaigns/thriving-with-nature/guide>



# 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](http://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/>

**Future Learn** offer free online short courses with flexible learning. There is a huge selection of courses which may help you in your caring role or start a new interest away from caring.

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

**Promas Training** Go to [promasonline.co.uk](http://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](mailto: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](http://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/](http://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>

## **NHS App.**

This is available free for all smart phones through your app store.

You can set up a log-in with your GP practice.

Once installed, you can use it to order your repeat prescriptions, search for, book and cancel appointments, view upcoming GP and hospital appointments, check symptoms, view your medical records, register for organ donation, message your GP and view links they send you to read.

## **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](http://www.winstonswish.org)

# 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](http://www.ambitiousaboutautism.org.uk/information-and-advice/early-years/parent-toolkit/download)

## Living with a rare condition

Information for parents of disabled children.

[https://contact.org.uk/media/1179200/living\\_with\\_a\\_rare\\_condition.pdf](https://contact.org.uk/media/1179200/living_with_a_rare_condition.pdf)

## 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>

## 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](http://www.victa.org.uk)

A practical approach to early support for young children with autism at home

<https://www.nottinghamshire.gov.uk/media/2449/autism-at-home-booklet.pdf>



# 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/>

**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/>

### **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](mailto: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/>

**ELSA Support** have a huge amount of brilliant resources available to download and print. Lots of great stuff like mood trackers, wellbeing, calm strategies, challenges and bereavement support:  
[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

### **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](http://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](http://www.3hfund.org.uk)

### **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](http://www.disability-grants.org)

Email: [contact@disability-grants.org](mailto:contact@disability-grants.org)

Well Child's Helping Hands is a unique scheme offering practical support to sick children and their families through one off home improvement projects, such as a garden or bedroom makeover.

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

### **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:

# 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**  
**Embrace - 01942 233323**  
**Lowton Mencap - 01942 608942**  
**Mental Health Crisis - 01942 636 395**  
**Mind - 0300 123 3393**  
**My Life Advocacy Support - 01257 472900**  
**NSPCC - 0808 800 5000**  
**Samaritans - 116 123**  
**Sensoriel - 0789992469**  
**Think Ahead Stroke Group - 01942 824888**  
**Wigan and Leigh Young Carers - 01942 679352**  
**Wigan Carers Centre - 01942 705959**

## NOTES

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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](mailto: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

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