

Mar / April 2019 Issue



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Carer Health Linkworker

Spring is on its way with lighter nights fast approaching. As we reach the end of a financial year, GP practices are working hard to achieve challenging targets. I've been out and about, assisting practices with their final push to support carers. I know talking to many, completing carer health checks is often the biggest challenge. Most would agree the only way to achieve this is by sheer determination and we must all work together with carers to ensure we are fully supporting their needs.

At the last Carer's Lead event in Nov 2018 feedback suggested practice staff would like to be better informed of what is available to carers to help them signpost to relevant activities, and services which could support carers in their caring role. I will be sharing some of this information throughout this newsletter.

Bolton Carers Support Outreach

Carers are encouraged to join Zoe from Bolton Carers Support (BCS) to chat about their caring role and meet other carers in a similar situation. Everyone is welcome, including the cared for.

Information Points

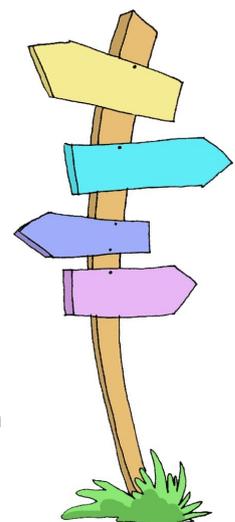
- ◆ **St James' Parish Centre, Roscow Avenue Brightmet BL2 6HU**
2nd Wednesday of the month 2-3pm
- ◆ **Westhoughton Senior Solutions Info Point, Sacred Heart Church, Lord St, BL5 3SE**
2nd Tuesday of the month 1.45pm – 3.15pm

Coffee Morning Information Points

- ◆ **All Souls – Huddle Up Cafe**
3rd Wednesday of the month 1.30-3pm Astley St, Bolton BL1 8EY
- ◆ **Kearsley Mount Methodist Church Manchester Rd BL4 8QL**
3rd Tuesday of the month 10am – 12
- ◆ **Costa Coffee @ Waterstones Bolton Town centre**
1st Tuesday of the month 11am-12noon
- ◆ **Tonge Moor – Tonge Moor UCAN Centre Tonge Moor Road BL2 2LE**
Every Monday 10am-11am
- ◆ **Little Lever - Christ Church Mytham Road Little Lever BL3 1JE**
This coffee morning runs weekly but on the 3rd Wednesday of the month 10am – 12 noon a member of Bolton Carers Support will be present.

Monthly Carers Cafe

- ◆ **Westhoughton Carers Cafe Weatherspoons (the Robert Shaw)**
3rd Monday of the month 11am-12noon



If you would like any more information regarding the Information Points or Carers Cafe's please contact: **Zoe Hill—Outreach Worker - 01204 368042 Zoe@boltoncarersupport.co.uk**

Listening Together - BCS have been holding a number of impact and evaluation sessions with local carers. We're really keen to hear from carers who may be registered with a GP but who haven't accessed services from BCS. Please get in touch by calling our Helpline 01204 363056 if you'd like to shape the direction of support offered to carers in the future.

TRUST MUSIC:



An inspiring charity that is inclusive and unique, supporting education and opportunity. The charity runs its own weekly music programme for adults including a 'Magic Moments' session, for people who have memory loss and their carers to take part together. Singing familiar and well known songs and having time to socialise and have fun. Sessions are aimed at the wellbeing of both the carer and the person with memory loss, as music stimulates parts of the brain and singing improves our mood and reduces stress.

Sessions take place on a Wednesday 1.45-3.15pm at Trust Music Studio in the Market Place Shopping Centre, Bolton, price is £5 (carer attends free of charge), refreshments are provided.



Telephone Befriending: BCS offer a confidential telephone befriending

service for carers who would benefit from a weekly or fortnightly phone call.

Carers can often feel very isolated so having someone to talk to, someone who understands about caring, can be a huge support to those feeling as those they are alone.

- For more information, please contact Zoe for a chat on 01204 363056



ONLINE RESOURCES:-

Bolton Carers Support have recently re-launched their website. With a brand new look it is a great source of information for health professionals and carers. Request a free info pack or download factsheets, leaflets and newsletters packed full of useful information to support carers. Visit www.boltoncarers.org.uk

Bolton Carers Support - Opening Hours - Helpline & Appointments:

Our helpline is now open 24 hours, 7 days a week.

From 9am-5pm weekdays: call with any caring query or just talk to someone in confidence about your caring role.

At all other times (evenings/weekdays/Bank Holidays): call if you have any urgent issue or emergency.

Appointments for one-to-one information and support are available.

Tel: 01204 363056

(Please note: Health Professionals can use this line (Mon-Fri 9-5) for information, advice and referrals).

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