

VOLUME 3, ISSUE 2



March

Newsletter 2018

Struggling to cope with caring?

We support Manchester's
60,000 unpaid carers

Support Groups



The Groups are about having a break from your caring role so you can meet other carers, know you are not alone as a carer, get support you need and at the group we always have guest speakers and a brew.

Here are the dates, times and names of the guest speakers for the next upcoming support group meeting.

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| <p>Forum Meeting</p> <p>12.00pm—2:00pm</p> | <p>Methodist Central Building, Oldham Street M1 1JQ</p> | <p>1st Monday of the Month:</p> <p>9th April</p> | <p>Guest Speaker:</p> <p>To be confirmed</p> |
| <p>North Group</p> <p>10.30am—12.30pm</p> | <p>Cheetham Hill Medical Centre, 244 Cheetham Hill Road, M8 8UP</p> | <p>1st Wednesday of the Month:</p> <p>4th April 2018</p> | <p>Guest Speaker:</p> <p>Glyn Meacher—Manchester Carers Network</p> |
| <p>South Group</p> <p>12.00pm - 14.00pm</p> | <p>Crossacres Community Resource Centre, 1 Peel Hall Rd, Wythenhawe, M22 5DG</p> | <p>2nd Tuesday of the Month:</p> <p>10th April 2018</p> | <p>Guest Speaker:</p> <p>Glyn Meacher - Manchester Carers Network</p> |
| <p>Hulme Group</p> <p>11.00am - 13.00pm</p> | <p>The Church of the Ascension 108 Royce Road, Manchester M15 5LA</p> | <p>3rd Monday of the Month:</p> <p>19th March 2018</p> | <p>Group</p> <p>Reviewing with Miriam on what to plan for the group</p> |
| <p>Levenshulme Group</p> <p>6.00pm - 8.00pm</p> | <p>Energy Box, Levenshulme High School, M19 1FS</p> | <p>1st Thursday of the Month:</p> <p>5th April 2018</p> | <p>There is the opportunity to use the sports facilities and join classes for free</p> |
| <p>East Group</p> <p>11.00am—13.00pm</p> | <p>Openshaw Resource Centre, 10 Catherine Street, (Off Ogden Lane) M11 1WF</p> | <p>4th Wednesday of the Month:</p> <p>28th March 2018</p> | <p>Guest Speaker:</p> <p>Self Help Services</p> |

Free Counselling sessions for Carers

We currently have 1-1 counselling sessions available for carers. The sessions will take place at Gaddum House, 6 Great Jackson Street, Manchester M15 4AX.

We have received funding to allow us to offer counselling so there would be no charge.

Places are **limited** so if you would be interested in counselling please contact Anne on 0161 819 2226 as soon as possible.



Become a Paid member of Manchester Carers Forum

Due to circumstances beyond our control we have had to increase our membership fee to £1 per year. You will need to be a member to go on any of the day trips or other activities. You do not need to be a member to attend our support groups and you are welcome to attend any of them. Being a member also allows you to have a vote at our Annual General Meeting. If you would like your voice to be heard and to have a say in the future of Manchester Carers Forum please become a member by ringing the office on 0161 819 2226.

Who Cares—Carers Radio Show

Two of our Trustees have started their own radio show called Who Cares, the show is on All fm 96.9 and is on the airways every Thursday from 12pm - 1pm. The show appeals to unpaid carers in Manchester and gives information to carers and plays music as well



(allfm)
96.9
...the real voice
of Manchester

Free Tickets for The future of home care in Manchester

Manchester City Council is reviewing and exploring the way that home care services are provided for people in Manchester. This includes understanding the experiences of people receiving home care services (from Manchester City Council or other providers) and their families and carers, links with hospital admissions, the terms and conditions of homecare staff, and the involvement of the voluntary and community sector.

This work is led by Dr Carolyn Kus, the director of Adult Social Services, and overseen by a project team.

This is an open event for anyone with an interest in homecare services including:

- People who receive home care services
- Families and carers of people who receive home care services
- Voluntary and Community Sector organisations who provide support to people who use home cares
- Providers of home care services
- Housing providers

The aim of the event is to:

1. Share findings about the strengths and needs of Manchester people who receive care packages at home.
2. Discuss ideas for different approaches to homecare services.

Share your experiences and have your say on what you think homecare services should be like in the future.

Ticket link > <https://www.eventbrite.co.uk/e/the-future-of-home-care-in-manchester-tickets-43654963170>

Petition

Pay carers an allowance equivalent to a fulltime job at the National Living Wage

Paying unpaid carers would safeguard those requiring care making it a financially viable option for friends and family to look after those they love, Reducing pressure on 999 services and the NHS. Saving vast amounts of money per person. The carer who provides continuity in care is often forgotten.

SIGN HERE > <https://petition.parliament.uk/petitions/201785>



CaSPER

Culturally-appropriate Schizophrenia Psychological Education Resources

Would you like to test and evaluate a new learning resource that aims to improve knowledge of schizophrenia in **African-Caribbean families**?

We are inviting you to take part in the study if you are...

- **16+ years old**
- **relative or carer** to someone with **African Caribbean heritage** diagnosed with **schizophrenia**

If you would like to find out more, please contact:

Principle Investigator

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