



Annual Newsletter October 2018

Chief Officer's update



Dave Williams

Over the past year in as many places as possible, I have been telling people about the huge contribution unpaid carers make. We all care for different reasons including love, duty, commitment and many others.

What is often missed is the recognition of the vast amounts of money we save. Each carer saves the country on average £19,300 per year!

My message to commissioners is that they need to invest in carers if that saving is to be maintained. Carers certainly provide value for money and need to be supported if we are to continue to provide care which is so vital to supporting health and care systems. It has been my privilege to work for carers and for the Forum since 2001 and I look forward to continue doing so.

“Carers certainly provide value for money and need to be supported”

Volunteering

We'd like to say a **HUGE** thank you to our amazing volunteers for everything they have done in the last year. We couldn't keep going without them!

Many volunteers are former carers who are using their experience to support carers, at the same time as learning new skills and developing their confidence.

Training and ongoing support is provided to all our volunteers.

We have lots of opportunities if you would like to use your life skills as a carer or former carer.

- Support a carer 1-1
- Make telephone befriending calls
- Run a group or coffee meeting
- Welcome people at groups and on trips
- Fundraise for us
- Help out in our office
- Raise awareness of carers

“Nice people, good experience, new friends”

Contact Anne on 0161 819 2226 to join the MCF team!

1-1 Support

“Talking helps. You realise you are not on your own and not the only person in this position”

“Phone calls are priceless. Just when you feel down, a volunteer rings and lifts your spirits up”

Our telephone support line connects carers to someone who will offer a listening ear, friendship and support. Our support line volunteers have cared for a family member or friend so have first-hand experience of being a carer. If carers need specific information we help them to find answers to their questions.

“Chatting to others over a cup of coffee in a friendly atmosphere (without feeling guilty!)”

The service also offers face-to-face befriending and coffee meetings for carers who look after a friend or family member who has dementia.

Contact Ian on 0161 819 2226 if you would like support.



Carers Groups

We currently run five support groups each month in community venues across Manchester. Carers share tips and provide support to each other over refreshments. Guest speakers often attend to speak on topics that affect carers lives or the people they care for.

“It is one of the very few times I can just be me”

“I have made a lot of friends in this group”

“I really feel relieved and fresh going on trips” We organise group trips throughout the year to allow much needed respite. This year we've gone to concerts, the coast and the countryside!



Afternoon tea and a stroll through the gardens at Arley Hall

Contact Miriam on 0161 819 2226 for information about our groups.

Chair's update- Working with others

As Chair of MCF I tell whoever I can how important carers are, but I know from my own experience that it can take a long time to recognise yourself as a carer. Having struggled for years without support I know it's vital that carers have early access to support.

At MCF we know we can only reach carers by working closely with others. We do this in lots of ways. Cheetham Hill Medical Centre and Age UK Manchester allow us to run three of our support groups at their venues. We support NHS Admiral Nurses and Dementia Support Advisers to run dementia cafes. I host a carers radio show every Thursday on All FM 96.9

We are a member of Manchester Carers Network, 20 voluntary organisations working together to improve things for carers in the city. We are also a member of the Greater Manchester Carers Partnership, made up of 10 support organisations across Greater Manchester working together to promote the work and needs of carers.

We work with universities in Manchester, delivering training and education to raise the profile of carers. We also deliver training to the NHS and Social Services.



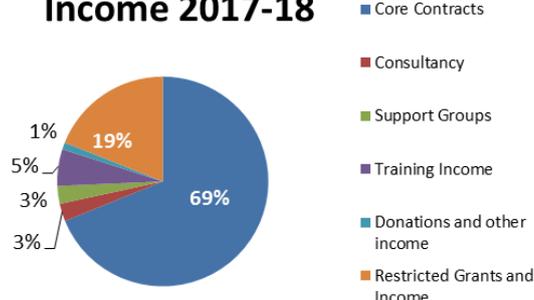
Gaynor Morgan

"We know we can only reach carers by working closely with others"

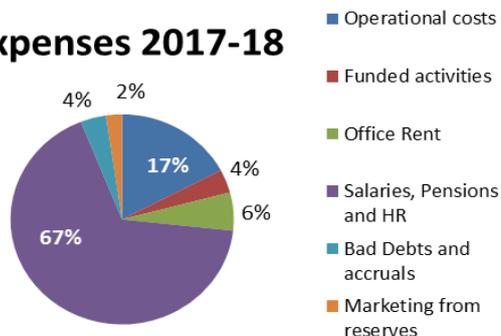
Contact Jo on
0161 819 2226 to find out more about our training.

Finance

Income 2017-18



Expenses 2017-18



These pie charts show our income and expenses for 2017-18 as percentages of our overall income and costs. This shows where our income is from and how we spend our money.

A full copy of our accounts is available on request or via charitycommission.gov.uk

Many thanks to our funders over the previous 12 months!



MANCHESTER CITY COUNCIL



Masonic Charitable Foundation



Garfield Weston FOUNDATION



Manchester Wellbeing Fund

Greater Manchester Mental Health NHS Foundation Trust

How you can help

Tell people about us!

Become a volunteer

Fundraise for us

Make a donation

We're always looking for new ideas on how we can support more carers and increase donations so we can reach more people.

Please email info@manchestercarersforum.org.uk or ring **0161 819 2226** if you are interested in supporting our work.

Useful contacts

Manchester Carers Network

www.manchestercarersnetwork.org.uk

Gaddum Centre welfare benefits **0161 214 3904**

Manchester Care and Repair **0161 872 5500**

Social Services **0161 234 5001**

If you have not had a **Carer's Assessment** this year you can contact Manchester City Council on **0161 234 5001** to request one.

A Carer's Assessment looks at what support you feel you need to help you in your caring role.