



Chief Officer's update

What a challenging but eventful period the last 12 months have been!! Challenging because of the impact of the pandemic and yet eventful in terms of what Manchester Carers Forum has managed to achieve. More importantly I am proud of the team who have worked hard to ensure that carers who needed our support have been able to get that support.

We have successfully implemented a new offer in South Manchester, reaching out and working to meet those needs which carers have told us about. We were instrumental in developing the Manchester Carers Pathway and Contact Point together with our partners. In August of this year, we were delighted to take a group of carers away to Llandudno to enjoy a well-deserved break and aim to secure funds to do more of this. At long last we re-started our in-person groups and continue to work with our partners in the North of the city to deliver our Blackley and Cheetham Hill groups.

Looking forward we see more challenging times and yet more opportunities. We will continue to be here for carers in Manchester to ensure that your voices are heard and that your voices inform the delivery of the RIGHT sort of support in the RIGHT place and at the RIGHT time. A number of years ago I saw a sticker on the rear bumper of a car which said "Carers do it for free". Yes we do but we cannot do it on our own and without ongoing support.



Dave Williams

"We will continue to be here to ensure that your voices inform the delivery of the RIGHT sort of support in the RIGHT place and at the RIGHT time"

Carer Support Service

Walks

For Unpaid Adult Carers and those they support

We've been going walking, as it's good for the body, mind and soul and it's one way in which it's been safe to meet. We go walking, often in parks across Greater Manchester with the Ramblers around once a month. These are open to Carers and this year we have also opened them up for the person they support.

Carer Support Groups

For Adult Carers only

We are delighted to be back up and running with the Peer Support Groups as of August this year, we saw the Burnage Group re-open along with the Blackley Group. The Cheetham Hill Support group began in September (although a little uncertain where we would be based, we think we've found a home with The Guidance Hub on Waterloo Road), and re-opened our Wythenshawe Peer Support Group. These give opportunities for carers to meet like minded people, we invite guest speakers on relevant topics, and pass on information about what's happening locally.

For more details about our activities please email info@manchestercarersforum.org.uk or ring 07415 436 382

Befriending for Carers of someone with Dementia

We love to listen, and can signpost you to information and advice. Over lockdown we opened our telephone befriending to all carers. Now that our support groups have re-opened the focus of our telephone befriending is on those caring for someone with dementia, who often struggle to get out of the house.

However, if you ever want to talk or need information related to your caring role then don't hesitate to give us a call.

Time to relax

We love to take you away, whether it be for a brew, a pamper session, or a weekend break (we try to get at least one in a year). This year we took Carers away to Llandudno. We're all about having a bit of "me time" and just time to relax with friends.



Have your say!

We need your input to plan what support we offer!

Our support is planned based on the feedback and direction we get from carers. We haven't able to hold a big Have Your Say! event since 2019 due to lockdown(s), but we are planning one for Spring 2022. In the meantime, some of you completed a questionnaire recently about what support you would like from us. For those who didn't, or if you have more to tell us, we would welcome your feedback before then. You can contact us on **07415 436 382** or info@manchestercarersforum.org.uk.

Message from our Chair

2021 has brought us out of lockdowns and slowly adapting to the changes that Covid has brought into our world. It's a challenge for many, and very much so for Carers, who have found services and support are continuing to adapt. We too are in a process of adaptation beginning to re-open our in-person support groups and gathering feedback from yourselves on what's important.

It's no surprise that many of you still feel in need of a break and social contact with peers to enable a break outside of your caring role. Relationships are of key importance to many, whether that be with the person you care for, friends or family, they are often the trickiest bits of our lives to navigate.

We are proud that we have maintained a relationship with the Ramblers and managed to get people out and about, walking, getting a bit of exercise, fresh air, and social contact, preferably with a bit of refreshment to keep people going; what's not to like?

We were absolutely delighted to do a trip to Llandudno (believe me, such hard work was put into this with the ups and down's of, can we, can't we...) and what a success it was!

We continue to work with Manchester's universities to support in their work of training social workers in the aim of getting them to understand the needs of carers and the importance of communication.

We're looking forward to what 2022 will bring us and continue to move forward with an aim to bring a bit of relief through peer support, breaks, information and signposting.



Gaynor Morgan

"It's no surprise that many of you still feel in need of a break and social contact"

Carers Manchester South



In January 2021 the Carers Manchester South (CMS) team was formed to support the development and delivery of a local offer for carers in South Manchester, as part of the wider Carers Manchester Pathway. The team is formed of a full-time Locality Coordinator, Steve, who is employed by MCF as lead organisation. Steve leads a team of three Coordinators who each work for our partners in the South Locality offer: Connect Support, Lifted and Together Dementia Support (TDS).

The team deliver carer awareness sessions to statutory, voluntary and community organisations in South Manchester to raise awareness and the profile of carers and carer support, in particular the Carers Manchester Contact Point.

Over the summer the CMS team carried out engagement with carers in south Manchester to identify gaps and develop a support offer based on this, which the team are currently busy developing, so watch this space.

We are also working in partnership with the Wai Yin Society, to deliver cultural awareness sessions. We know these sessions are important to help identify, engage and support a wider group of carers.

MCF Finance 2020/21 Michael Lake, Director/Treasurer

The Directors considered the budget for the year and made plans to enable expenditure not to outstrip income. They were prepared to use reserves but this was not necessary. Manchester Carers Forum derives its income from a number of sources. Our total income is made up of grants from statutory services and charitable trusts, consultancy and training, and from donations.

The balance held in unrestricted reserves at 31st March 2021 was £40,279 of which £35,830 are free reserves, after allowing for funds tied up in tangible fixed assets.

Looking at the statement of financial activities we note that the income, which is made up of mainly grants, is seen as healthily increased to £239k as against that in 2020 @ £195k. The expenditure is up from £213k to £227k.

This then equates to a total bringing forward of funds one year to the next as £104k for the year to March 2021 as against that for the previous year (2020) of £92k. Or to put it another way our net surplus for the year has been £11k as against a net deficit the previous year of £18k.

As Treasurer keeping a watchful eye on the Forum's accounts I naturally am keen to see an excess income position which is what has been achieved in the 2020/2021 year. I can say that in the intervening 6 months since the financial year end, studying the financial position of MCF in the latest quarter of the 2021/2022 year we are looking at a healthy position again this year. And so to sum up I believe we can look favourably on the Manchester Carers Forum financial position without any concerns.

If anyone has any questions regarding the finances of the Forum then I will be pleased to answer them to the best of my ability.

Many thanks to our funders
over the previous 12 months!



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Carers Manchester Contact Point

First point of contact for all unpaid carers in the Manchester City Council area, who require advice and support.

0161 543 8000 Monday – Friday 10am – 4pm (except bank holidays) and 10am – 6pm Wednesdays

Email contactpoint@carersmanchester.org.uk

www.carersmanchester.org.uk