

January to March 2021

Happy New Year! Welcome to our third e-bulletin which we hope finds you safe and well in these challenging times.



Winter is well and truly here and we've finally said goodbye to 2020 and welcomed 2021. At Cheshire East Carers' Hub, we continue to provide full support for all Adult and Young Carers by telephone and online and are working hard providing information, guidance and support for Carers. We hope to be able to resume some of our group activities when it is safe to do so and government guidelines allow, we have missed seeing you all and are really looking forward to catching up with everyone. Until then, we have another programme of coffee and chats and activities for you to join us online. Please read on for more information and links to the sessions.

We hope the information in this bulletin is interesting and helpful. As always, we are here if you need any support from us. We can be contacted through our Service Team on 0300 303 0208 or by email to enquiries@cheshireeastcarershub.co.uk All our service leaflets and information are available on our website www.cheshireeastcarershub.co.uk

***Wishing you all a happy and healthy 2021
Cheshire East Carers' Hub Team***

Community Network Platform

Our digital **Carers Community Network** is a virtual community where you can meet other Carers, share ideas, experiences, sources of information, and support each other through these difficult times. You will be able to talk about the issues that are most important to you, and to share some of the tips that have helped you manage your wellbeing, particularly during lockdown.



It only takes a minute to sign up, head over to your profile where you can add a photo and a quick introduction if you wish to. We currently have more than 700 active members who are looking forward to connecting with you! Once you are in, please read the Carers Community Network Terms of Use and Privacy Policy and The Mighty Network Terms of Use and Privacy Policy. Each time you use the Network you are agreeing to all these Terms of Use and Policies.

To access the Carers Community Network, please contact our Service Access Team on 0300 303 0208.

Cheshire East Carers' Hub

Tel: 0300 3030 208

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Carers Help and Talk (CHaT) Line

Are there times when you want to talk but feel that there is no one to talk to? Don't suffer in silence call the Carers Help and Talk (CHAT) Line. All calls are answered by Volunteers who can offer understanding with regards to the common challenges faced by Carers. The CHAT Line is available 24 hours a day, 7 days a week, 365 days a year. To talk to a fellow Carer please call 0330 022 5448. In the event a Volunteer is not immediately available to answer your call, please do try again.



Would you like one of our friendly Volunteers to call you? Our CHaT Line now offers regular calls to Carers. You will be matched with one of our trained Volunteers who will call you every week for as long as you like, for a friendly chat. If this is something you are interested in and would welcome a weekly call from one of our Volunteers - please contact our Service Access Team 0345 0138 208.

Social Media



Please have a look at and “like” our Facebook page [@cheshireeastcarers](https://www.facebook.com/cheshireeastcarers)

We have groups for both Adult and Young Carers, they are closed groups for Carers in Cheshire East. We keep you updated regularly with activities and events across the county and will also ensure that any news or offers are posted. To join the groups, search “**Cheshire East Carers Hub**” or “**Cheshire East Young Carers Hub**” or follow the direct link below to the main page. <https://www.facebook.com/cheshireeastcarers/>



Twitter

Follow us [@ches_eastcarers](https://twitter.com/ches_eastcarers)

Cheshire East Young Carers' Hub

If you live with a young person who helps to provide care and support, please contact us on 0300 303 0208 to speak with our Young Carers team, Cara, Cathryn and Sally for more information about how we can support them.



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Carer Emergency Card

Having a contingency plan in place can help to provide peace of mind if you are unable to care for those who rely on your support due to an unforeseen circumstance or emergency. Cheshire East Carers' Hub have introduced a Carers Emergency Card and an accompanying Emergency Care and Support Plan document that can support you with putting a contingency plan in place. Please be aware that care will not be provided by Cheshire East Carers' Hub or any external services. The card is to help identify you as a Carer and ensure that there are contact details for a nominated person to support the person you care for in the event that you are unable to do so. If you would like to receive a card and a template support plan, please call our Service Access Team on 0300 303 0208 or email enquiries@cheshireeastcarershub.co.uk



Zoom Activities for Carers

Sessions are very informal, grab a cuppa and join us for some fun, chat to staff and meet other Carers. If you haven't used Zoom before and want to find out more about the platform, please go to <https://zoom.us/join> for further information or simply click the links on each of the meetings to join in.



Weekly Sessions

Evening Coffee and Chat every Tuesday 7.00pm-8.00pm

<https://zoom.us/j/95950538168?pwd=WlUvdmlJR1lyM2ExUE5XN1VLRzdjUT09>

Meeting ID: 959 5053 8168

Password: 559497

Carers Sing-a-Long every Wednesday 1.00pm-2.00pm

<https://zoom.us/j/97216826373?pwd=dDNjUzQ5aUQ0b1YreU9EbXU0dngzQT09>

Meeting ID: 972 1682 6373

Password: 273920

General Knowledge Quiz every Wednesday 7.30pm

<https://zoom.us/j/92248677156?pwd=ZlJablR3OGJnOXg4TTBc3dYeVpwdz09>

Meeting ID: 922 4867 7156

Password: 269978

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Fortnightly and Monthly Sessions

You Choose! Fortnightly on Mondays 1.30pm – 3.00pm

18th January, 1st February, 15th February, 1st March, 15th March, 29th March.

This an event where you decide what we do! Would you like to have a craft session, talk about healthy eating, learn something new, or just have a brew and a chat! Let us know – this session is your choice!

<https://zoom.us/j/95994205191?pwd=S2Zvd1c0VzdUUmRjSjN5Q0hoSitLdz09>

Meeting ID: 959 9420 5191

Passcode: 152489

Meditation & Relaxation Fortnightly Tuesdays 1.30pm – 2.30pm

19th January, 2nd February, 16th February, 2nd March, 16th March, 30th March

Join us for an hour of relaxation and meditation. A time of reflection and peace for yourself.

<https://zoom.us/j/92279005754?pwd=NlhRSGJHcE0zb1NvcjNXanBIYXRNQT09>

Meeting ID: 922 7900 5754

Passcode: 602377

Carers Gentle Exercise Sessions Fortnightly Tuesdays 1.30pm-2.15pm

12th January, 26th January, 9th February, 23rd February, 9th March, 23rd March

Join Frank for his 'AlphaFlow' gentle aerobics sessions. You can sit and watch or join in when you like.

<https://zoom.us/j/93946506425?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZ0dNz09>

Meeting ID: 939 4650 6425

Passcode: 513539

Male Carers Coffee and Chat – Fortnightly on Wednesdays 2.30pm-4.00pm

13th January, 27th January, 10th February, 24rd February, 10th March, 24rd March

<https://zoom.us/j/92570852288?pwd=NEEzUDhIR1QrUXRnQmRLOHREcUhOZz09>

Meeting ID: 925 7085 2288

Passcode: 150398

BME Carers Coffee and Chat, Fortnightly on Thursdays – 12.00pm-1.00pm

21st January, 4th February, 18th February, 4th March, 18th March

<https://zoom.us/j/94348505063?pwd=VDBkRC9mUWVIMGtEWnR2eEhjTXE0Zz09>

Meeting ID: 943 4850 5063

Passcode: 010799

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Winter Fuel Payment

If you were born on or before 5 October 1954 you could receive between £100 and £300 to help you pay your heating bills. This is known as a 'Winter Fuel Payment'.

You usually get a Winter Fuel Payment automatically if you receive a State Pension or another social security benefit. If you think you are eligible and don't currently receive this payment, you will need to make a claim.

The deadline for claiming payments for winter 2020 to 2021 is 31 March 2021. Tel: 0800 731 0160



Get the help you need today with our Digital Resource for Carers



Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Cheshire East Carers' Hub has teamed up with Carers UK to offer Carers a comprehensive solution that brings together Carers UK's digital products and online resources with our own information and support for carers onto a single webpage.

To get **free** access to all the products and support resources click on the link or visit carersdigital.org and use our free access code; **DGTL2946**. The resource has lots of features including those listed.

- **Thinking Ahead: the cost of care and support** e-learning developed with The Money Advice Service
- **Learning for Living e-learning**, supporting Carers to recognise their transferable skills gained through caring
- **Young Adult Carers e-learning**, offering advice for Carers 18-24 years
- **About Me: building resilience for Carers:** an e-learning resource that helps carers identify and build networks of support and promotes their self-care.
- **Jointly:** Carers UK's care co-ordination app for people sharing care (web, iOS, Android).
- **The role of good nutrition when caring for someone:** an e-learning course that aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.
- **Upfront Guide to Caring:** a simple assessment tool to guide people new to caring or seeking support for the first time to navigate the Carers UK website.
- **Looking after someone: Carers Rights Guide:** which helps carers understand their rights as a Carer and where to go for financial or practical help.
- **Being Heard: a self-advocacy guide for carers:** which helps carers develop the skills to self-advocate.
- **Technology and care:** information and resources on how to access products and services that can help with care and caring.
- **Our local information and support resources for Carers**

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Tide - Together in Dementia Everyday

Tide is an involvement network for carers & former carers of people living with dementia. We help to build skills, knowledge & confidence so that carers can speak up & influence change in society. Take part in our National Wednesday Coffee Mornings on Zoom, 10.30 - 11.30 am



Monthly Virtual Carer Groups

Carers of People living with Young Onset Dementia

First Tuesday of the month, 7.00pm - 8.00 pm.

Carers of someone living in Residential Care:

Second Tuesday of the month, 1.30pm - 2.30pm

Former Carers:

Last Wednesday of the month, 4.00pm - 5.00pm

Home Carers:

Second Wednesday of the month, 7.00pm - 8.00pm

Merseyside/Cheshire Virtual Meet-Up

This group meets every Thursday, 12.00 noon - 1.00pm. All carers & former carers of people living with dementia are welcome to come along for peer support, discussion, advice & ideas.

<https://zoom.us/j/94607815475?pwd=UjB3K3dGM3U5QzIGY251YVc4aGR1dz09>

Meeting ID: 946 0781 5475 / Passcode: 949114

Merseyside/Cheshire Workshop Sessions 2021

Welcome to Tide

Tuesday January 12th 5:00pm - 6.00pm, Tuesday March 23rd 12:00 noon - 1.00pm

You Can't Pour from an Empty Cup

Tuesday January 26th 5:00pm - 6.00pm, Tuesday March 9th 12:00 noon - 1.00pm

Getting Your Point Across

Tuesday February 9th 5:00pm - 6.00pm, Tuesday April 20th 12:00 noon - 1.00pm

Living Grief & Bereavement

Tuesday February 23rd 5:00pm - 6.00pm, Tuesday April 6th 12:00 noon - 1.00pm

If you have any questions, want an informal chat or would like the zoom links for any of the activities, please contact Sarah on SarahBB@tide.uk.net or 07704 168867

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PeoplePlus Independent Living Services



PeoplePlus Direct Payment support service is delivered on behalf of Cheshire East Council. The service is delivered to eligible adults within Cheshire East and provides advice and guidance to individuals who manage their own care package, either through the receipt of Direct Payments or are self-funding support. We offer support to find suitable care provision (such as an agency or employing own personal assistant), set up and maintain care packages and plan for emergencies.

What is a Direct Payment?

Direct Payments provide people with a greater control over their lives and how their care is delivered by promoting independence, choice and inclusion. They provide flexibility in the provision of social care services where individuals are given money by the Local Authority to purchase support to meet their assessed needs, rather than the Local Authority arranging the support on an individual's behalf. Direct Payments can be used to meet your personal care needs as well as practical household tasks, social activities and attending appointments. How you spend your Direct Payments should reflect what has been agreed in your social care assessment and support plan.

How can I get a direct payment?

You will need to have an assessment from your local authority. This is usually undertaken by a social worker. If the assessment shows you are eligible for support, you could choose to receive this as a Direct Payment. If you already receive care and/or support provided via your local authority and would like to consider a Direct Payment instead, you should speak to your allocated or duty social worker.

What support is available?

PeoplePlus Independent Living Services are proud to work in partnership with people who receive social care to meet their care needs. We can also offer support to individuals who self-fund their care and we have a menu of services available which demonstrates the chargeable services that we can offer.

Independence matters, our skilled advisers are empowering and solution focused meaning you can maximise your funding and live the life you choose. We provide personalised support for you to manage all aspects of your Direct Payment including, understanding what Direct Payments can be used for and how you report on monies spent. Brokerage support through choosing a care agency and recruiting and employing a Personal Assistant. Skills workshops to enable you to manage as much of your Direct Payment as possible. Ongoing advice and guidance around employment issues.

PeoplePlus operate virtual drop in sessions to ensure we bring our support to you. If you would like further information, you can contact the team on 0330 123 2815, ilscheshire@peopleplus.co.uk or follow us on Facebook <https://www.facebook.com/groups/366621004216035?> We look forward to hearing from you.

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All about Winter

As the Winter Season is well and truly here, stay safe and warm and whether you dread the windy weather or look forward to the crisp mornings, here are 5 interesting facts about winter. Winter really is a fascinating time of year!



1. Winter is coming

There are two different dates when winter could be said to begin, depending on whether we are referring to the Meteorological or Astronomical winter. Astronomical winter is defined by the Earth's orbit around the Sun and begins on the winter solstice, which falls on 21 or 22 December. However, when recording and comparing climate data, it is important to have set dates that can be compared and so for this reason a fixed date of 1 December is used to mark the start of the meteorological winter.

2. The coldest temperature recorded in winter

The coldest temperature ever recorded during a UK winter was -27.2°C , which has been recorded 3 times. It was twice recorded in the village of Braemar, on 11 February 1895 and again on 10 January 1982, and once in Altnaharra on 30 December 1995. Both sites are in the Scottish Highlands.

3. The winter of 1963

The winter of 1963 is one of the coldest on record and the coldest since 1740. Temperatures consistently reached lower than -20°C with blizzards, snowdrifts and even the sea freezing around the coast. On 29 and 30 December, a blizzard struck the UK with snowdrifts up to 6 metres deep. Snow continued to fall frequently and until early March 1963, much of the UK remained covered in snow!

4. Reindeer vision

Some reindeer living above the Arctic Circle live in complete darkness for several weeks of the year. To adapt to this, a small area of tissue behind the retina called the tapetum lucidum changes colour from a gold colour in summer months to blue in winter. This allows the reindeer's eyes to detect ultraviolet light and to see in the dark.

5. How much water is there in snow?

The exact amount of water contained in snow can vary quite significantly depending on how the snow formed, but as a general average, every 12 cm of snow would provide 1 cm of water.

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Useful numbers and links

Cheshire East Carers' Hub

0300 303 0208 (Monday to Friday 9:00am until 5.00pm)

www.cheshireeastcarershub.co.uk

Carers Help and Talk (CHAT) Line 0330 022 5448

Cheshire East Adult Social Care

0300 123 5010 (office hours)

Cheshire East Adult Social Care

0300 123 5022 (Emergency out of hours duty team number)

Cheshire East Children's Social Care (ChECS)

0300 123 5012

Cheshire East People Helping People 0300 123 5034

https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/cheshire-east-people-helping-people.aspx

Carers UK Advice Line

0808 808 7777

www.carersuk.org

Dementia Helpline (supported by Dementia UK)

0800 888 6678

Alzheimer's Society National Dementia Helpline

0300 22 11 22

NHS 111 Service for non-emergencies

111

NHS Carers Direct Helpline

0300 123 1053



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