

Carer Breaks – Grant Awards 25th July 2016 to 31st March 2017

Organisation	Overview of Carer Breaks	Further Information and Contact Details
Cheshire and Warrington Carers Trust ❖ Wellbeing Fund Crewe/Nantwich ❖ Wellbeing Fund Congleton/Sandbach ❖ Wellbeing Fund Macclesfield ❖ Wellbeing Fund Wilmslow, Poynton and Knutsford	<p>To provide carers of people living in each of the four Cheshire East locality areas of Crewe and Nantwich, Congleton and Sandbach, Wilmslow, Poynton and Knutsford, and Macclesfield, access to a “Wellbeing Fund” that will make individual awards which enables them to have a personalised carer break.</p> <p>This service offers carers the opportunity to apply for funds to meet their needs to take a break from their caring role by providing carers with their own budget. This may be awarded following a referral following a Carers Assessment from either the SMART team or through children's support services (for parent carers) with a comprehensive assessment and a detailed support plan put in place if appropriate.</p> <p>Applications will be taken to panel meeting each month for a decision and any additional recommendations. Once awarded carers will be able to plan how to spend this on individually tailored breaks from caring.</p>	<p>Cheshire and Warrington Carers Trust 146 London Road, Northwich, Cheshire, CW9 5HH</p> <p>Tel: 0800 085 0307</p>
Wishing Well ❖ Young Carers	<p>Wishing Well Young Carers project will provide a service for Young Carers within the area's of Crewe and Nantwich. Young Carers will be able to attend organised sessions each week, outings and activity weekends</p>	<p>The Wishing Well Project Jubilee House St Paul's Street Crewe CW1 2QA 01270 256919 /01270 253551</p>
Audlem & District Community Action ❖ Audlem Carers Support Group	<p>Audlem & District Community Action will continue developing current twice monthly Audlem Carers Support Group during 2016/17. There will be monthly speakers will continue on topics including welfare benefits/healthy living and accessing Cheshire East services. Ensuring access for the 'cared for' to ADCA's other services including day club and coffee clubs attendance and the medical transport services. Providing regular professional input and advice on the health and social care services and putting carers in touch with support</p>	<p>Lynn Morear, ADCA's Assistant Coordinator on 07595 919727</p>

	available including carers' breaks. Audlem & District Community Action produce regular carers' news sheets circulated to all carers, published on local websites and in outlets.	
Wishing Well ❖ Older People Mental Health	The project aims to support carers and the people they care for to continue to have fulfilment in life and to offer services/options to enable this to happen such as, Access to transport for carers (and the person they care for), Volunteer visiting scheme to give freedom to carers while their loved ones are supported, Carers and cared for attending events together. Carers can have access to Wishing Well Lifelong Learning programme which can enable them to gain accreditation in several subjects that will help them get back into employment or volunteering once caring duties are stabilised and supported	The Wishing Well Project Jubilee House St Paul's Street Crewe CW1 2QA 01270 256919 /01270 253551
Deafness Support Network ❖ Specialist support for carers of people who are Deaf	Support to carers of individuals who are either deaf or have a degree of hearing loss (D/deaf). The service will be delivered from 3 locations in Cheshire East with one site being DSN main office in Macclesfield. Providing specialist support for carers and signposting them to the appropriate services within DSN.	Deafness Support Network 144 London Rd, Northwich CW9 5HH Tel : 01606 47831 http://www.dsonline.co.uk/
Cheshire and Warrington Carers Trust ❖ Carers Advocacy	A Pilot service to offer Carers Advocacy which will enable support to be provided to carers that will be available through the development of a programme of self-advocacy and when required the availability of a specialist worker who can support the carer through one to one support. The Pilot will also support carers who access a Carers Assessment under the Care Act 2014	Cheshire and Warrington Carers Trust 146 London Road, Northwich, Cheshire, CW9 5HH Tel: 0800 085 0307
Cheshire and Warrington Carers Trust ❖ When caring comes to an end	The pilot service will support carers who have been bereaved and their caring role has ended	Cheshire and Warrington Carers Trust 146 London Road, Northwich, Cheshire, CW9 5HH Tel: 0800 085 0307
Cheshire Buddies	The Cheshire Buddies-Young Carers	

❖ Young Carers	<p>'sibling group' aims to provide help and support to children and young people with a brother or sister with a disability living in Cheshire East</p>	<p>Stephanie Lawley: 07873423389 or email slawley@btinternet.com</p> <p>Louise Bailey: 07938163103 or email cheshirebuddies@outlook.com</p>
Neuromuscular Centre ❖ Carer Convention	<p>To provide specialist support for carers and signposting to appropriate services which will support them caring for people who have a physical disability or long term condition. The project will include 3 different groups' - young carers, parent carers and carers of people with physical disabilities (muscular dystrophy).</p> <p>The NMC proposes to hold a Carer Convention; this family carer event at Jodrell Bank Macclesfield in February/March 2017 will target whole families including parent and young carers of people with muscular dystrophy (md).</p> <p>The event will introducing the different services at NMC ,include services to support carers to take better care of their health and well-being, enable them to have a life of their own and to present opportunities which will help them realise and release their potential.</p>	<p>The Neuromuscular Centre Woodford Lane West Winsford Cheshire CW7 4EH</p> <p>Tel: 01606 860 911</p>
East Cheshire Hospice ❖ Dementia Carers Support Programme	<p>The Dementia Carers Support Programme at East Cheshire Hospice provides bespoke support to carers of people living with dementia in Cheshire East. Carers can self-refer or be referred by other healthcare professionals.</p> <p>Activities take place in the Hospice Sunflower Centre in Macclesfield and the service is promoted through various healthcare professionals (GPs, Macmillan and district nurses, MDGH). The programme will deliver a range of activities in the period July 2016-March 2017</p>	<p>Telephone Main Reception on 01625 610364</p> <p>General Enquiries Email: admin@echospice.org.uk</p>
Cheshire Buddies ❖ Parent Carers	<p>The project will support parents and carers of a child or young person with a disability living in Cheshire East through the provision of 14 group sessions per</p>	<p>Stephanie Lawley: 07873423389 or email slawley@btinternet.com</p>

	<p>month which will include offer further educational and lifestyle courses eg first aid, food hygiene, hospitality, IT skills, interview skills, pottery, cookery.</p> <p>Helping carers to care effectively and safely – both for themselves and the person they are supporting eg provide advice and training around moving and handling safely, avoiding falls in the home, basic first aid training, using specialist equipment. The project will also support carers to look after their mental health and wellbeing</p>	<p>Louise Bailey: 07938163103 or email cheshirebuddies@outlook.com</p>
<p>Making Space</p> <p>❖ Mental Health Carers</p>	<p>Funding for group breaks will be made available to carers who carer for someone who experiences poor Mental health and wish to participate in group activities, enabling carers to design their own breaks.</p> <p>The service will provide access to a programme of social activities which carers can access in order to take a break from their caring role.</p> <p>The activities will be needs-led and will offer a variety of choice of differing lengths, venues and interests. Breaks will be tailored to the individual carers needs</p>	<p>Jane Reeves Cheshire Team Leader Making Space</p> <p>01606 606694/ 07843 268001</p>
<p>Ruby's Fund</p> <p>❖ Parent Carers Yoga sessions</p>	<p>Ruby's Fund will offer 30 weekly yoga sessions for a group of 15 parent carers during term time, with the aim of increasing physical activity, improving depression and stress levels, aches and pains and offer a social opportunity The session will be led by a trained yoga instructor.</p> <p>Participants will be able to self-refer to the yoga sessions or by referral from other organisations such as Health visitors, children's centres and Parent Carers Support service at Cheshire & Warrington Carers Trust</p>	<p>Meridian House, Roe Street, Congleton, Cheshire, CW12 1PG</p> <p>Tel: 01260 277666</p>