

CHECK OUT THE FOCUS ON CARER'S ASSESSMENT FEATURE LATER IN THIS NEWSLETTER

SUPPORT FOR CARERS

Tameside
Carers
-Centre-

Who is a Carer?

A Carer is someone who looks after a loved one who cannot manage at home without the Carers help. Many people are employed to provide paid formal care, but when we talk about Carers here, we mean those who provide unpaid and informal care for a loved one.

Tameside Carers Centre offers a safe environment for Adult Carers to access practical and emotional support.

- Help with Carers Assessments to see how we can help you and the person you care for.
- Advice on benefit entitlements such as Carers Allowance.
- Signposting to support services, advice, and advocacy.
- Staying connected by giving you regular updates with events, via our newsletters and Facebook page.
- Help to access Radar Keys, Message in a Bottle and Tameside Emergency Cards (TEC).

Drop-in Support

Monday - Tuesday 10am - 2pm
Thursday - Friday 10am - 2pm

There's no need to book but please contact us if you would prefer to schedule a time.

Professionals can also refer by directly contacting the Carers Centre.

Monthly Coffee Mornings

 take place

10am to 12 noon on the last Tuesday of every month. Come along to chat with our Wellbeing Advisors and other Carers over a brew and access support.

Shape our Service!

We are always looking for ways to include you in improving our service. If you have any feedback for us, please let us know in person, email us or give us a call.



📍 The Carers Centre in The People Place at Tameside One, Ashton-under-Lyne OL6 8BH
☎️ 0161 342 3344
🌐 www.tameside.gov.uk/carerscentre
✉️ CarersCentre@tameside.gov.uk
📍 Tameside Carers Centre

Tameside
Metropolitan Borough



Carers' Information Sessions 2024

Do you support or care for someone with a diagnosis of dementia?

You are invited to join any of the following sessions for information, advice and support.

**Thursday 1:30-3:00pm Whittaker Day Unit, Etherow Building,
Tameside Hospital OL6 9RW**

Please Telephone 0161 716 3445 to confirm 1st attendance

25th April – Changes in Behaviour – Strategies for coping
2nd May – Communication - Language changes
9th May – Meaningful Activities – Cognitive Stimulation
16th May– Legal and financial matters – Capacity & LPA
23rd May – Physical Health & Delirium - Importance and impact
30th May – Carer Stress – Looking after yourself and getting help
6th June – Practical Matters – Safety solutions
13th June – Dementia awareness & Research Information

*These sessions will then continue after on an eight- week rolling programme see reverse for timetable

Support is available for you to bring the person with dementia if needed.





Carers' Information Sessions 2024 Continued dates..

20th Jun - Changes in Behaviour
27th Jun – Communication
4th Jul – Meaningful Activities
11th Jul – Legal & financial matters
18th Jul – Physical Health/ Delirium
25th Jul – Carer Stress
1st Aug – Practical Matters
8th Aug - Dementia awareness & Research Information

15th Aug - Changes in Behaviour
22nd Aug – Communication
29th Aug – Meaningful Activities
5th Sept – Legal & financial matters
12th Sept – Physical Health/ Delirium
19th Sept – Carer Stress
26th Sept – Practical Matters
3rd Oct - Dementia awareness & Research Information

