

Carers Week 2015

Carers Week (8-14 June 2015) is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year the focus is on building Carer Friendly Communities. Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

GMW are running Health and Wellbeing for Carer courses which provide carers with new skills and practical advice to help people cope with caring and aims to make carers aware of the support available so they don't forget to look after their own health and wellbeing.

The **free** course is for carers of someone with a mental health and/or substance misuse problem and will be held on **24 June 2015** (Bolton) and 30 July 2015 (Prestwich).

Here's the events we are running and taking part in:

Saturday 6 June	Monday 8 June	Tuesday 9 June	Wednesday 10 June	Thursday 11 June	Friday 12 June	Saturday 13 June
<p>11am – 3pm</p> <p>GMW's Specialist Services Carer Event</p> <p>Waterdale Restaurant, Prestwich Hospital, M25 3BL</p>	<p>10am – 2pm</p> <p>Carer's Day at Buile Hill Park, Eccles Old Road, Salford M6 8GL</p> <p>Enjoy free refreshments, lunch and take part in healthy lifestyle activities, as well as hear from the City Council and NHS about future plans.</p> <p>To book a place, please phone 0161 212 6278 or email Sandra.lindsay1@nhs.net</p> <p>10am - 12noon</p> <p>Carers Outreach Session at Eccles Gateway, 28 Barton Lane, Eccles, Salford M30 0TU (run by Salford Carers Centre).</p> <p>11am – 2pm</p> <p>Carers meet the staff session (sunflower suite), coffee and cakes followed by a Mindfulness orientation session (group room)</p>	<p>10am – 4pm</p> <p>Information stall on Bolton Market manned by Carer Champions. Ashburner Street, Bolton BL1 1TJ</p> <p>11am – 2pm</p> <p>Carers meet the staff session, buffet lunch, coffee and cakes followed by a Mindfulness orientation session (Honeysuckle room)</p> <p>Discover - St Wilfrid's building, Fox Street, Preston, Lancashire PR1 2AB</p> <p>11am – 2pm</p> <p>Bolton Carers Support event at Britannia Hotel – GMW presenting updated Carers Strategy. Beaumont Road, Bolton BL3 4TA</p> <p>12pm – 2pm</p> <p>Garden Party at Wentworth House, 8 Westminster Road, Ellesmere Park, Eccles M30 9HF.</p>	<p>10am – 1pm</p> <p>Salford Carers Centre Information stand at Salford Royal Hospital, Stott Lane, Salford M6 8HD</p> <p>11am – 2pm</p> <p>Carers meet the staff session, coffee and cakes followed by a Mindfulness orientation session (group room)</p> <p>Discover - Matrix House, Friday Street, Chorley, Lancs PR6 0AA</p>	<p>All day</p> <p>Drop in for carers at the Octagon Theatre – information on benefits etc.</p> <p>Octagon Theatre Bolton, Howell Croft South, Bolton BL1 1SB</p> <p>10am – 1pm</p> <p>Salford Carers Centre event at Salford Shopping Centre, Hankinson Way, Salford M6 5JA</p> <p>11am – 2pm</p> <p>Carers meet the staff session, coffee and cakes followed by a Mindfulness orientation session (group room)</p> <p>Discover - West Lancashire, 75-79 Westgate, Skelmersdale, Lancashire, WN8 8LP</p> <p>Afternoon</p> <p>Tea dance at</p>	<p>All day</p> <p>Carer Champions in attendance at Sainsbury's Bolton handing out information.</p> <p>Trinity Street, Bolton, Lancashire BL3 6DH</p> <p>10am – 2pm</p> <p>Achieve Salford Recovery Services Family & Carers Listening Event</p> <p>Community Room 1, Walkden Gateway, 2 Smith Street, Walkden, Salford M28 3EZ.</p> <p>11am – 1pm</p> <p>'Techie training' – learn IT skills at Critchley Cafe, Critchley House, 75 Chorley Road,</p>	<p>3pm – 6pm</p> <p>Buffet for carers and service users, Silverdale ward, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL</p> <p>5pm - 8.30pm</p> <p>Tea, cakes and information for carers and families during visiting hours on Rydal Ward, Edenfield Centre, Prestwich Hospital,</p>

<p>Discover – South Ribble, 6 Golden Hill Lane, Leyland, Lancashire PR25 3NP</p> <p>12pm – 6pm</p> <p>Afternoon Tea on Hazelwood, Beech, Birch and Maple House wards, Royal Bolton Hospital, Minerva Road, Farnworth, Bolton BL4 0JR</p> <p>1pm - 2.30pm</p> <p>'Techie training' – learn IT skills at Critchley Cafe, Critchley House, 75 Chorley Road, Swinton M27 4AF.</p> <p>These free drop-in sessions are being offered for carers by the Age UK Salford team and volunteers. Please call 0161 833 0217 if you would like to join in the sessions.</p> <p>5pm - 8.30pm</p> <p>Tea, cakes and information for carers and families during visiting hours on Rydal Ward, Edenfield Centre, Prestwich Hospital, Bury New Road, Prestwich,</p>	<p>1.30pm onwards</p> <p>Afternoon Tea and singing for the Brain at Greenway/Bollin wards, Moorside Unit, Moorside Road, Davyhulme, Manchester M41 5SL</p> <p>5pm - 8.30pm</p> <p>Tea, cakes and information for carers and families during visiting hours on Rydal Ward, Edenfield Centre, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL</p> <p>2pm - 3pm</p> <p>Our Trafford service are holding a Carers Event for inpatient and community carers of service users who use GMW Trafford Mental Health Services in the Activity room, Moorside Unit, Trafford General Hospital, Moorside Road, Urmston, Manchester M41 5SL</p> <p>For more information and to RSVP email Abigail.short@gmw.nhs.uk or call her on 0161 746 2668</p>	<p>12pm – 6pm</p> <p>Pamper afternoon on Hazelwood, Beech, Birch and Maple House wards – Bolton College attending</p> <p>Royal Bolton Hospital, Minerva Road, Farnworth, Bolton BL4 0JR</p> <p>5pm - 8.30pm</p> <p>Tea, cakes and information for carers and families during visiting hours on Rydal Ward, Edenfield Centre, Prestwich Hospital,</p>	<p>Woodlands Hospital, Meadowsweet Lane, Little Hulton, Manchester M28 0FE</p> <p>5pm - 8.30pm</p> <p>Tea, cakes and information for carers and families during visiting hours on Rydal Ward, Edenfield Centre, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL</p> <p>10am – 11am</p> <p>Our Trafford service are holding a Carers event for inpatient and community carers of services users who use GMW Trafford Mental Health Services at Sale Life Centre, 235 Washway Road, Sale M33 4BP</p> <p>For more information and to RSVP please email Abigail.short@gmw.nhs.uk or call her on 0161 746 2668</p> <p>Afternoon</p>	<p>Swinton M27 4AF.</p> <p>These free drop-in sessions are being offered for carers by the Age UK Salford team and volunteers. Please call 0161 833 0217 if you would like to join in the sessions.</p> <p>2pm - 4pm</p> <p>Garden Party for carers and service users, Loweswater ward, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL</p> <p>5pm - 8.30pm</p> <p>Tea, cakes and information for carers and families during visiting hours on Rydal Ward, Edenfield Centre,</p>	<p>Bury New Road, Prestwich, Manchester M25 3BL</p> <p>Sunday 14 June</p> <p>1pm – 4pm</p> <p>Carer event with the opportunity for carers and relatives to speak to staff, have an Indian head massage and sample refreshments.</p> <p>Therapy suite, Chapman-Barker Unit, Prestwich Hospital, Bury New Road, Prestwich, Manchester. M25 3BL</p>
---	--	--	--	---	--

	Manchester M25 3BL		Bury New Road, Prestwich, Manchester M25 3BL	Garden Party for Carers of service users who use GMW services At Keswick ward, Edenfield Centre, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL	Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL	
--	--------------------	--	---	---	---	--