

What's on for Carers Sept-Dec 24

Carer Support Service Newsletter



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- Health & Wellbeing Activities
- 'Hello Carers' Autumn Programme September – December



Carers enjoying some of our recent activities

Help to make the most of your money

The high cost of living – from energy bills, rent and mortgage costs to the price of groceries – can put additional worries, stresses and pressures on everyone. The following information highlights some of the support available.



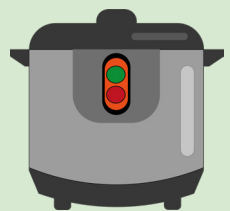
Cost of Living activities from our Hello Carers Programme

With a focus on cost considerations:

Making the most of your Slow Cooker

This programme demonstrates how to use and make the most of a slow cooker, shop smarter and make healthier food choices.

You can sign up for a three week course in September



Cook it!

fun, fast food for less



- Help to enhance cooking skills
- Learn more about healthy eating.

Sign up for the next Cook it! Programme in November



Community supports on Cost of Living and Wellbeing

cost of living ²⁴
support

STRUGGLING WITH
THE COST OF LIVING?

Lots of people are.

Cost of Living 24 is your gateway to independent support, advice and information.



16 charities from NI have worked together to create a one stop shop of support services. The partnership highlights services across NI providing everyday support – from energy bills, rent and mortgage costs, to weekly shopping support and local foodbanks.

Services are offered to meet the needs of anyone struggling due to the cost of living, regardless of age, location or background. Cost of living 24' offers support and information including Cost of living and wellbeing services.

Contacts: www.communitywellbeing.info/cost-of-living-24 (or search 'Community Wellbeing Cost of Living 24')

Web chat: www.communitywellbeing

Freephone: 0808 189 0036

Advice on Benefits & Entitlements

make the call

0800 232 1271*

Quick Call, Lasting Difference.

Talk to us about accessing benefits, supports and services you may be entitled to.

Contact the Make the Call service to check if you're getting all the benefits, services and supports you're entitled to.

Freephone: [0800 232 1271](tel:08002321271) (network charges may apply)

Email: makethecall@dfcni.gov.uk

Phone lines are open Monday to Friday from 9.00 am to 5.00 pm (excluding public holidays).

Tell us about your experience of the Carers' Service

We would value your feedback about your experience of using the Carer Support Service. We will ensure your feedback is shared to improve the experience of carers using our service. One of the ways you can do this is through Care Opinion.

We would like to hear from you:

- What was good?
- How did you feel about the Carer Support Service?
- What could have been better?



Care
Opinion

What's your story?



You can leave your feedback in a number of ways:



Online at www.careopinion.org.uk or by using the QR code in the left.



Freephone (Mon-Fri 9am-5pm)
08001223135



Freepost leaflet (request from a member of staff)



YOU SAID, WE DID.....

We ask for your feedback and value your opinions

- **You told us.....** Coming along to the choir isn't easy to get to, Knockbracken is way out one side of town
- **We listened and responded.....** We sourced Mersey Street Primary School Centre for the Choir to meet, removing a potential barrier for some and making it more accessible and appealing.

Health & Wellbeing Activities

CARER SUPPORT CAFÉS

We warmly invite to join us at one of our support Cafés to meet other carers over a cup of tea.

North Belfast Carer Support Café

1st Friday of every month, 2.00-3.30pm
At Belfast Recovery College, Lanyon Building, 10 North Derby Street, BT15 3HL

South Belfast Carer Support Café

3rd Wednesday of every month 11.00-12.00pm (Subject to change)
At Agape Centre, 236-266 Lisburn Road, BT9 6GF

East Belfast Carer Support Café

1st Monday of every month, 2.00-3.30pm
At Inverary Community Centre, Inverary Avenue, BT4 1RN

West Belfast Carer Support Café

2nd Thursday of every month, 11.00-12pm (Subject to change)
At The Maureen Sheehan Centre, 106 Albert Street, BT12 4HL

Carer Central Coffee Morning

Last Friday of every month, 10.30-12.00pm
At 2 Royal Avenue (Old Tesco Building beside Primark), BT1 1DA

Dates may change.



Our Carer Cafés are:

- Hosted by one of our support team
- An opportunity to meet other carers
- In a friendly and relaxed environment.

At these small, informal groups you can:

- Enjoy an activity, or
- Just enjoy a social cup of coffee and chat with others
- Hear from a speaker from a community organisation that provides support, or
- Get some pearls of wisdom from other carers who may have encountered similar issues as yourself.

Carers' Choir

Come along, have a bit of me time, with some fun, lots of laughter and a bit of craic!

Belfast Trust Carers Choir is a relaxed friendly group, where you sing in the company of other carers with uplifting music.

Anyone with a caring role can join – no audition – no experience needed. Get in touch to let us know you plan to attend and then just show up.



The choir meets on:

Day: Tuesday morning

Time: 10.30am to 12.30pm

Venue: Mersey Street Primary School, Belfast BT4 1EW






To sign up online using the link: <https://forms.office.com/e/2BML1cfdZm>

Email: CarerSuppSvcs@belfasttrust.hscni.net or
Telephone: 028 9504 2126

Hello Carers Monthly Activity Programme: September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Yoga 10.30-11.30am Online East Belfast Carer Support Café 2-3.30pm Inverary Community Centre	3rd Introduction to Carer Support Service 11am-12pm Online	4th Walking Group 10.30-11.30am Waterworks		6th North Belfast Carer Support Café 2-3.30pm Belfast Recovery College	7th
9th Yoga 10.30-11.30am Online	10th Dementia Navigators information session 11am-12pm Online Wellbeing Walk with Ulster Wildlife 7-8.30pm Bog Meadows	11th Making the most of your Slow cooker 11am-1pm Morton Community Centre wk1 of 3*	12th West Belfast Carer Support Café 11am-12pm Maureen Sheehan Centre Albert Street	13th Men's Coffee Morning 10.30am-12pm 2 Royal Avenue	14th
16th Yoga 10.30-11.30am Online	17th Carers Choir 10.30am-12.30pm Mersey Street Primary School Apartments	18th South Belfast Carer Support Café 11am-12pm Agape Centre, Lisburn Rd Making the most of your Slow cooker 11am-1pm Morton Community Centre wk2 of 3*		20th	
23rd Yoga 10.30-11.30am Online	24th Carers Choir 10.30am-12.30pm Arts Care Studio Knockbracken (this week only)	25th Making the most of your Slow cooker 11am-1pm Morton Community Centre wk3 of 3*	26th Gardening with Ulster Wildlife - Spring bulbs 1.30-3pm Ravenhill Pavilion	27th Coffee Morning 10.30am-12pm 2 Royal Avenue	28th Halloween Craft 2-5pm Online
30th Yoga 10.30-11.30am Online					




Hello Carers Monthly Activity Programme: October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7th Yoga 10.30-11.30am Online</p> <p>East Belfast Carer Support Café 2-3.30pm Inverary Community Centre</p>	<p>1st Introduction to Carer Support Service 11-12pm Online</p> <p>Carers Choir 10.30am-12.30pm Mersey Street Primary School Apartments</p>	<p>2nd Walking Group 10.30-11.30am Ormeau Park</p>	 <p>10th Chair based activity 10.30-11.30am Willowfield Church Hall wk1*</p> <p>West Belfast Carer Support Café 11am-12pm Maureen Sheehan Centre Albert Street</p>	<p>4th North Belfast Carer Support Café 2-3.30pm Belfast Recovery College</p> 
<p>14th Yoga 10.30-11.30am Online</p> <p>21st Yoga 10.30-11.30am Online</p>	<p>15th Carers Choir 10.30am-12.30pm Mersey Street Primary School Apartments</p> <p>22nd DRUMALIS 9.45am-4.30pm Carer Retreat*</p> <p>Carers Choir 10.30am-12.30pm Mersey Street Primary School Apartments</p>	<p>16th South Belfast Carer Support Café 11am-12pm Agape Centre, Lisburn Rd</p> <p>23rd Falls Prevention Information Session 11am-2pm Online</p>	<p>17th Chair based activity 10.30-11.30am Willowfield Church Hall wk2*</p> <p>24th Chair based activity 10.30-11.30am Willowfield Church Hall wk3*</p>	<p>18th</p> <p>25th Coffee Morning 10.30am-12pm 2 Royal Avenue</p>
<p>28th</p>	 <p>30th Cookery 12-1pm Online</p>	<p>31st Chair based activity 10.30-11.30am Willowfield Church Hall wk4*</p>		

Hello Carers Monthly Activity Programme: November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4th Yoga 10.30-11.30am Online</p> <p>East Belfast Carer Support Café 2-3.30pm Inverary Community Centre</p> 	<p>5th Introduction to Carer Support Service 11am-12pm Online</p> <p>Carers Choir 10.30-12.30pm Mersey Street Primary School Apartments</p> 		<p>7th Cookery - Cook It Programme 11am-1pm Willowfield Church Hall wk1 of 5*</p> 	<p>1st North Belfast Carer Support Café 2-3.30pm Belfast Recovery College</p>
<p>11th Yoga 10.30-11.30am Online</p>	<p>12th Carers Choir 10.30-12.30pm Mersey Street Primary School Apartments</p>		<p>14th West Belfast Carer Support Café 11am-12pm Maureen Sheehan Centre Albert Street</p> <p>Cookery - Cook It Programme 11am-1pm Willowfield Church Hall wk2 of 5*</p>	<p>15th Men's Coffee Morning 10.30am-12pm 2 Royal Avenue</p>
<p>18th Yoga 10.30-11.30am Online</p>	<p>19th Carers Choir 10.30am-12.30pm Mersey Street Primary School Apartments</p>	<p>20th South Belfast Carer Support Café 11am - 12pm Agape Centre Lisburn Road</p>	<p>21st Cookery - Cook It Programme 11am-1pm Willowfield Church Hall wk3 of 5*</p>	
<p>25th Yoga 10.30-11.30am Online</p>	<p>26th Carers Choir 10.30am-12.30pm Mersey Street Primary School Apartments</p>	<p>27th</p>	<p>28th Cookery - Cook It Programme 11am-1pm Willowfield Church Hall wk4 of 5*</p>	<p>29th Coffee Morning 10.30am-12pm 2 Royal Avenue</p>

Hello Carers Monthly Activity Programme: December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Yoga 10.30-11.30am Online East Belfast Carer Support Café 2-3.30pm Inverary Community Centre	3rd Introduction to Carer Support Service 11am-12pm Online		5th DRUMALIS 9.45am-4.30pm Carer Retreat*	6th North Belfast Carer Support Café 2-3.30pm Belfast Recovery College	7th Christmas Craft 2-5pm Venue to be confirmed
9th Yoga 10.30-11.30am Online		12th West Belfast Carer Support Café 11am-12pm Maureen Sheehan Centre Albert Street Cookery - Cook It Programme 11am-1pm Willowfield Church Hall wk5 of 5*	13th Coffee Morning 10.30am-12pm Bobbin Cafe City Hall		
16th Yoga 10.30-11.30am Online	17th	18th South Belfast Carer Support Café 11am-12pm Agape Centre Lisburn Road			

Some of these activities have limited places and so you will be notified whether a place has been allocated to you, limited places have been marked with *

[To book for the September programme please click here](#)

[To book for the October programme please click here](#)

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[To book for the December programme please click here](#)

Email: CarerSuppSvc@belfasttrust.hscni.net

Or Call: 028 9504 2126