



Being There is a local charity delivering support to people with long term health conditions enabling them to take more control over their health and wellbeing and reduce isolation. Being There works with trained volunteers to provide a range of home based and outreach support services to those diagnosed with cancer and other life limiting illnesses such as strokes, heart and respiratory illness.

Being There began working in Tameside and Glossop in 2016 and is continuing to grow and develop.

What's been happening...

Feb 2016: 'Being There' moved to a brand new office at Tameside Centre for Enterprise. This office is centrally located in Ashton-Under-Lyne and is an ideal base for meetings and events.

Mar 2016: Karen Mercer (General Manager) is interviewed by Tameside Radio presenter Louise Croombs to discuss and promote the new service.

Apr 2016: Being There hosts first Tameside volunteers training course at Tameside Centre for Enterprise and welcomes on board 6 new volunteers!

June 2016: Being There hosts coffee and cake morning with Tameside-4-Good staff and new volunteers. Funders were able to see how local cash grant had been used.

Sept 2016: Being There hosts 2nd round of Volunteer training in Manchester.

Jan 2017: Being There links with Tameside Healthy Minds Service to support clients living with life limiting illnesses and mental health issues.

Feb 2017: New year, new start!! Celebrating Tameside Volunteers 1st support and social meeting at Fairfield Arms, Audenshaw. A great opportunity for volunteers to meet up together for the first time and share experiences and skills.

April 2017: Being There meets with staff from Ambition for Ageing Project to discuss ways of jointly supporting isolated over 50's in the wards of Denton South, Waterloo and Newton.



More what's been happening on page 3 >

Spotlight on Befriending

An essential part of the service offered by Being There is home support/befriending. This is a valuable and important role and one that many volunteers find rewarding. Feedback from clients show what a difference having someone to talk to in times of need, has really helped to get them back on track and feeling more positive.

Maddy (volunteer) and Gwyn are a prime example where support provided has been mutually beneficial and a truly enjoyable experience for both.

In Maddy's words...

"Gwyn and I have been meeting up for about a year now. The difference in Gwyn over that period of time has been great to see. When we first started meeting up Gwyn was at a low point in her life, her condition had obviously taken its toll on her emotional wellbeing and her confidence.

We meet up on a weekly basis and just chat about everyday things, family life, common interests as we both enjoy crafts and sewing and we also put the world to rights all with a cup of tea in our hands!

During our chats I have been able to give Gwyn some practical coping strategies that I know have been useful to others and I hope that they will continue to help her as she moves forward. I think Gwyn will agree that her confidence and her interest in life that she had before has returned.

Being There is aptly named, just having someone different to talk too and to listen is sometimes something we all need. I have thoroughly enjoyed meeting up with Gwyn and getting to know her. It has been a hugely positive experience for me on a personal level and I hope for Gwyn too. I hope I have been able to give some impetus to Gwyn's new "zest for life". It was always there... she had just mislaid it"

In Gwyn's words...

"COPD opened up a black hole for me when I had to use oxygen. I didn't want to get out of bed in the morning. When I did, I didn't see the point of having a wash or getting dressed. I wasn't going anywhere so why bother.

My day was spent sleeping and it was only when family were due home did I throw some clothes on. On the days that I didn't, I would just say I was having a pyjama day or some other excuse. This was just a small part of my black hole. Then along came Suzanne. I had no thought then that it was the best thing to happen to me.

I was paired with Maddy. Being honest, my thoughts were... why did I go ahead with this?..I'll have to get up, get dressed and pretend all is good.

Maddy visited me each week; she had no magic wand and no magic pill. Maddy never judged or questioned; she was just there.

We talked and we talked. I started to look forward to her visits. I would share things with Maddy that I couldn't with others, I didn't have to pretend all was OK. I remember laughing with her and thinking, "when was the last time I laughed".

I think Being There is a very apt name. By 'Being There', Maddy not only pulled me out of the black hole but helped me to start filling it in. Not everything is rosy, but I now face each day washed, dressed, caring for my home, connecting with people, reading, sewing etc. I enjoy my day; my confidence is growing as are my social skills. All this because of someone 'Being There' for me!"



What's been happening - continued

May 2017: Being There links with local charity 'Cancer Warriors'.

Jun 2017: Being There visits the new Macmillan Unit at Tameside General to discuss supporting local people living with cancer.

June 2017: Being There attends Tameside Carers event at Hyde Town Hall to discuss ways in which the service can support carers and families.

July 2017: Being There makes links with social landlord New Charter to offer support to Sheltered Housing Scheme tenants.

July 2017: Being There advertises service in Tameside Reporter (pg 11).

Aug 2017: Being there joins forces with Macmillan/ British Red Cross Support at Home service to jointly support service users living with cancer.

Referrals

If you or someone you know would like some emotional support at home or help to get to hospital appointments or medical treatment, please get in touch.



Telephone: **0161 217 1373** or you can also complete an online enquiry or client referral form on our website: www.beingthere.org.uk Email: tameside@beingthere.org.uk

Please provide as much information as possible about the client's medical history and living circumstances in order for us to determine the support required and eligibility.

Priority is always given to those clients living in isolation with limited family or social networks and those living with life limiting illnesses and chronic conditions only including cancer, stroke, respiratory and heart conditions.

Please note that the office is open Wed-Friday (8am-4pm) and the Branch Manager is available to speak to directly on **0161 217 1373** or **07709 522631**. Outside of these hours please leave a message and it will be followed up once the branch manager is back in office.

Volunteer Transport Drivers Urgently required!!!

We urgently require safe and reliable drivers with their own cars to help transport clients to and from hospital and medical appointments and occasionally to Being There social groups.

Volunteer drivers may also sit and wait with clients having treatment and provide additional emotional support. Car allowance paid.



Befriending/Listening volunteers

Befriending/Listening volunteers spend time with a client listening to concerns or worries and providing emotional support at home to those having difficulties managing their illness or diagnosis. Next volunteer training 15th January 2018. Contact Tameside office for more information.

Help make a difference in Tameside and Glossop

Tel: **0161 217 1373**

Website: **beingthere.org.uk/volunteering**

Email: **tameside@beingthere.org.uk**



Our vacancies are also advertised on Action Together (Oldham and Tameside) website **www.actiontogether.org.uk**

Donations and Gift Aid

There is no cost/charge for Being There services but by making a donation you directly support our charitable work for people living with cancer and other life limiting illnesses. There are a number of ways to donate whether you are a client using the service already, a volunteer or a supporter of our work:

- Credit/debit card donate safely using online donation buttons **www.beingthere.org.uk**
- Via our 'donate button' on our facebook page **www.facebook.com/BeingThereForYou**
- Cash - donation envelopes on request from Tameside & Glossop branch manager
- Cheque donations made payable to 'Being There'
- Post to: Being There, Tameside Centre for Enterprise, Old Street, Ashton Under Lyne OL6 7SF.

Use gift aid and make your donation worth almost a third more!

For every pound you donate we can claim 25p back in gift aid. This makes a massive difference to Being There and it doesn't cost YOU a thing. To qualify, what you pay in income tax or capital gains tax in the UK must equal the amount we will claim in the tax year. If you would like to Gift Aid your donation please contact your local branch manager and separate form can be supplied. Gift Aid collected automatically from online donations by clicking on gift aid button. **Thank you!**

For more further information:

**0845
123 23 29**

Visit our website at:

www.beingthere.org.uk

General Enquiries:

info@beingthere.org.uk



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