

## Welcome to the May edition of the Carers Trust Heart of England newsletter!

We hope you and your family are managing during this difficult time however we are writing to remind you that we are here to support you. In this newsletter you will find some useful links to local and Gov.UK websites to keep you informed.

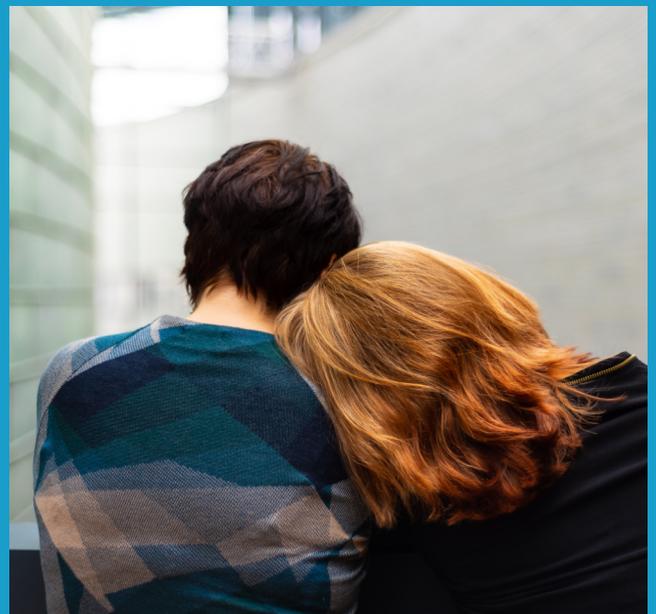
### Covid-19 Updates and Shielding

You can find the latest information about corona virus by using the following link: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

The link below will take you to detailed helpful information about your caring role: <https://bit.ly/3g0hQPz>

People who are in the clinically extremely vulnerable category are at high risk of contracting the virus also known as "Shielded category" however we must follow the social distancing guidelines which can be found here to prevent/reduce the spread of infection: <https://bit.ly/3dUabjs>

If someone you look after or yourself has a medical condition which makes them extremely vulnerable to COVID-19 (Coronavirus), you or the person you look after can register themselves and request support, including a weekly food parcel delivered to their doorstep.



# Online support for you

**As we are unable to run our usual support groups due to the Covid-19 situation, we are holding a number of virtual catch ups via Zoom and we'd love for you to join us.**

Please see details below and if interested, please send an email for Zoom instructions and more information. Virtual catch ups are a great way of keeping in touch and gaining support from our Wellbeing teams and other local carers.

## **Coventry Carers Support Group**

Every Wednesday at 3pm

Email: [\*\*carers.voice@carerstrusthofoe.org.uk\*\*](mailto:carers.voice@carerstrusthofoe.org.uk)

## **Milan Asian Carers Support Group**

Friday 22nd May at 11am

Email: [\*\*varsha.thakrar@carerstrusthofoe.org.uk\*\*](mailto:varsha.thakrar@carerstrusthofoe.org.uk)

## **Zoom Yoga and Relaxation Session for all carers**

Every Wednesday from 3rd June at 11am -

Email: [\*\*varsha.thakrar@carerstrusthofoe.org.uk\*\*](mailto:varsha.thakrar@carerstrusthofoe.org.uk)

## **Warwickshire Carers Support Group**

Mon 8th June at 2pm (and every other Monday)

Email: [\*\*michelle.sawyer@carerstrusthofoe.org.uk\*\*](mailto:michelle.sawyer@carerstrusthofoe.org.uk)

You may be interested to know we now have The Carers' Voice. As a carer, you are an 'expert' through your 'lived experience' of caring and should be able to have a say in services, policies and decisions that affect you and the people that you care for. If you are interested, email: [\*\*carers.voice@carerstrusthofoe.org.uk\*\*](mailto:carers.voice@carerstrusthofoe.org.uk)



# Relate Coventry

**The coronavirus outbreak is leading to big changes in the way we live our everyday lives.**

Our relationships will be hugely important for getting us through this, but self-isolation, social distancing and other concerns may also place them under added pressure. Here you can find blogs, advice and tips for helping your relationships stay healthy during the pandemic.

Relate has increased the availability of our highly trained counsellors to support everyone's relationships during this unprecedented time.

More details about our Live Chat, telephone and webcam counselling services can be found here: [www.relate.org.uk/relationship-help/talk-someone](http://www.relate.org.uk/relationship-help/talk-someone)

Use the following link for details of your local Relate service: [www.relate.org.uk/find-your-nearest-relate](http://www.relate.org.uk/find-your-nearest-relate).

# Morrisons Food Boxes

**A Morrisons Food Box could be a real help if you can't currently get to a store to stock up on food or essentials.**

Just select the box you would like, place an order and we will deliver your food box straight to your door.

Find out more over at: [www.morrisons.com/food-boxes/boxes](http://www.morrisons.com/food-boxes/boxes)

# Current vacancies

**Current vacancies we have are:** Care Response Officer, CSW Outreach Mentor and Care Support Workers for both Coventry and Rugby.

For further information, please contact [rashi.ohri@carerstrusthfe.org.uk](mailto:rashi.ohri@carerstrusthfe.org.uk) or **07528080531**

# Volunteer Buddying Up Service

**Carers Trust Heart of England supports carers in Coventry and Warwickshire enabling them to continue in their caring role and look after themselves as well as the person they care for.**

During these difficult, uncertain times we are offering a buddying up service over the phone to support our carers. We are recruiting and training volunteers to offer a friendly voice and listening ear to help carers feel less lonely and isolated.

Additionally, we are offering a sitting service in the home to allow our carers to leave their cared for to run errands such as food shopping or attending appointments. Our volunteers can offer a friendly social interaction and meal preparation for the cared for. All of our volunteers will have prior training and adhere to Covid-19 guidelines.

If you would like to benefit from our services, please contact:

- Coventry Wellbeing team: **02476 632972 option 1**
- Warwickshire Wellbeing team: **02476 632972 option 2**

If you would like to find out more about applying for our volunteering roles, please see our current vacancy adverts.

**We are here to help carers to continue to look after the people they care about.**



## **Volunteer - Wellbeing Services**

We are looking for volunteers who will "buddy up" with a carer, offering a friendly voice and listening ear during these difficult times and help to reduce their feelings of loneliness and isolation.

### **Benefits of being a volunteer**

1. Online training will be provided which can be included on CV
2. Expenses will be paid for i.e. phone credit
3. Up to date references
4. Opportunity to help in the time of national crisis

This role will be based from your home.

## **The main duties of a volunteer include**

- Meeting the social needs of individual carers by virtually buddying up and reducing loneliness
- Providing a friendly chat over the phone
- Report all concerns to volunteer co-ordinator
- Take into account carer's customs, values and spiritual beliefs
- Adhere to confidentiality at all times
- Complete online training provided by the organisation

Contact **Sarah.Jukes@carerstrusthofe.org.uk** or call **02476 101040 ext 510**

## Zoom Yoga sessions

We know that the lockdown is causing stress to many carers and so have arranged some Zoom Yoga sessions to help with this. The sessions will involve teaching you how to do breathing exercises that you can do every day.

Sessions have been arranged every Wednesday at 11.00am all are welcome to join.

Please contact Varsha at [varsha.thakrar@carerstrusthofoe.org.uk](mailto:varsha.thakrar@carerstrusthofoe.org.uk) if you would like more details.

## Recovery and Wellbeing

**Our partners at NHS Coventry and Warwickshire Partnership Trust have some great online courses and videos, that might help some of our carers.**



There is a range of online support available including a 'Coping with Caring' support video that you may find useful. Find out more at [www.recoveryandwellbeing.covwarkpt.nhs.uk/](http://www.recoveryandwellbeing.covwarkpt.nhs.uk/)

## Care Companion

**We are recommending everyone who has caring responsibilities to register with Care Companion: [www.carecompanion.org.uk](http://www.carecompanion.org.uk)**

Care Companion is a user friendly online support platform for individuals with caring responsibilities and those who they care for.

Developed locally, Care Companion provides up to date, trusted information and advice to help you through the COVID-19 pandemic, tailored to your needs.

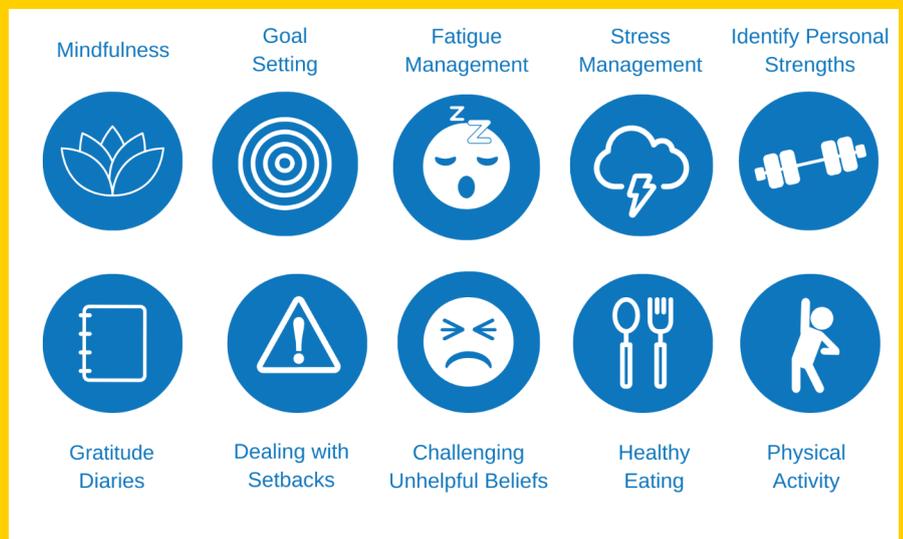
# Online programme for parents and caregivers of children with autism

We are offering free online Hope Programme, a 6-week online group self-management programme for parents and caregivers of children with autism to help you cope with life during lockdown - to feel more in control and more resilient.

Are you a parent or caregiver of a child with autism? Would you like to cope better, feel more in control of your emotions and be more resilient?

Each week the course covers topics like:

- managing stress
- smarter goal setting
- gratitude
- character strengths
- physical activity
- eating well
- coping with fatigue
- practicing mindfulness
- communication and relationships



The course includes quizzes, worksheets, audio and video materials, interactive activities and social networking via email and forums. There will also be a live mindfulness session and opportunity for the group to come safely together online. You will be supported throughout by trained facilitators.

The course can be accessed from PC, laptop, tablet or smartphone. It takes up to 2 hours to complete each weekly session, which you can complete at any time which is convenient for you.

The course has had 68 applicants and is now closed. However, if you would like to e-mail your interest, we may be able place you on a waiting list and possibly run another course at a later date.

## E-books

**There's nothing quite like a good book to help lift your spirits and provide a bit of escapism!**

Libraries in Coventry and Warwickshire have extended their e-book and e-audiobook offer, along with a range of e-newspapers and e-magazines - there's lots available so why not have a browse?

For Coventry, please visit: [www.coventry.gov.uk/ebooks](http://www.coventry.gov.uk/ebooks)

For Warwickshire, please visit: [library.warwickshire.gov.uk](http://library.warwickshire.gov.uk)

## Care We Share

**Care We Share is a resource that is FREE to use for those with caring responsibilities during the Covid 19 crisis - it provides an easy-to-use, secure space for carers to:**

- Field requests for practical help from the person they're supporting
- Create a virtual network to share the workload
- Identify and allocate tasks between family, friends and neighbours, so there are no gaps
- Communicate more easily, reducing countless messages and texts

To gain free access, people simply need to use the code they will find on the home page, to create a user account for no fee.

You can view a short video about Care We Share by visiting:  
[www.careweshare.org/](http://www.careweshare.org/)

If you have any questions or would like further information, you can email [hello@careweshare.org](mailto:hello@careweshare.org) You can also find out more at [www.careweshare.org/](http://www.careweshare.org/)

# Changes to Coventry and Warwickshire CRESS breaks service

**In partnership with Coventry City Council & Warwickshire County Council we want to offer some additional support whilst we are in the lock down period.**

We would like to help these carers who have been classed by the government as being the most vulnerable, or carers looking after someone with a high level of caring needs, to be able to still have a break from their caring roles. The support will be offered through our fully trained regulated staff in the CRESS team.

## **The criteria for this service are that you the carer:**

1. Must be an unpaid carer living within Coventry or Warwickshire
2. Must have been recognised as vulnerable and so therefore have been told to shield for 12 weeks. Or The person you care has been told to shield for 12 weeks and your caring responsibilities mean that you are unable to leave them alone in the house
3. You have high levels of caring responsibilities and need a break
4. You must be registered with the CRESS service; you can register for our Cress service by e-mail or telephone. Please see contact details below for Coventry and Warwickshire.
5. The person you look after must have been assessed by the CRESS team

## **The ways in which this service can be used:**

- To go out for a walk or to take exercise, or to have time alone in the garden or to do a hobby
- To be able to go to do your shopping and collect prescriptions
- For a member of our team to go shopping for you to collect essential supplies where a local community group, or family member is unable to support you

We will be operating in different areas on different days, once you are registered, we will inform you of your appointed time.

# Changes to CRESS carers breaks service continued....

## Restrictions

- Service is only available during lock down period
- Please note government guidance is that exercise to be taken outside of the home has been increased to as often as you like as long as following social distancing, however due to constraints on the service we can't offer this every day, only 1 – 2 hours over the week. Longer periods could be used for respite to do hobbies, again subject to service availability
- This is for essential shopping only and should not be more than once per week
- Total CRESS service in one year is 72 hours per carer including emergency cover

## Register

For those of you registered or wishing to register with CRESS you can contact us in an emergency on **02476 258816** - the lines are open 7.00am to 10.00pm Monday to Sunday.

We also have an out of hours service for emergencies every evening 10.00pm to 7.00am - call **07979 503133**.

## Telephone Support

You can speak to one of our Support Workers by calling **024 7663 2972**. The lines are open Monday to Friday 9.00am to 8.00pm and Saturday 9.00am to 1.00pm.

You can also email [carerssupport@carerstrusthofs.org.uk](mailto:carerssupport@carerstrusthofs.org.uk) for Warwickshire Or [contactus@carerstrusthofs.org.uk](mailto:contactus@carerstrusthofs.org.uk) for Coventry.

We are putting up to date information on our website at [www.carerstrusthofs.org.uk](http://www.carerstrusthofs.org.uk).

# Carers Week 2020 - 8th - 14th June 2020

**This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak.**

Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

So during Carers Week, we're coming together to help Make Caring Visible with a series of virtual activities aimed at Coventry and Warwickshire carers including:

- yoga class
- mindfulness
- carers quiz
- film club
- carers bingo
- Young Carers Facebook takeover
- virtual cuppa
- trips & falls advice
- ...and more!



**8-14 June  
2020**