

Carers News

**'COVID-19' SPECIAL
EDITION, May 2020**



Dear Carers

The team at Hillingdon Carers would like to send you all their very best wishes during these most challenging of times, we are all thinking about you - Hillingdon's unsung heroes and unpaid army of carers.

We understand that the restrictions we are all living under will have huge impacts for you as carers. The team is working really hard to re-provide some of our previous services in different ways, whilst also taking into account that not everyone has access to a home computer or might not be IT 'savvy'.

In this 'special edition' newsletter, we have pulled together a whole range of information that we think might be useful for you, and have also tried to consider all aspects of your lives, including access to arts and culture, physical activity, social opportunities that you used to access at our popular Carer Cafes and sources of support when things get tough. We hope that you will find something of use here.

For further information or support please contact us on **01895 811206** or by email:

office@hillingtoncarers.org.uk

The staff and Trustees at Hillingdon Carers

What will you do in an emergency?

None of us like to think about the worst happening but, as carers, we are sure you must have been worrying about what will happen to your loved one if you become unwell. **It is important that you act now!**

We are offering help to develop your own personal

CARERS' EMERGENCY PLAN

Please make an appointment with the Advice team

Contact details:

Please contact external services directly. For all other queries, expressions of interest or requests for help, call us on:

01895 811206 or email: office@hillingtoncarers.org.uk



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Getting the basics right...food and medicines



Community support for vulnerable residents



The council is working with H4All, a partnership of five of Hillingdon's leading charities, to provide support to the most vulnerable members of our community at this difficult time. If you are unable to leave the house because you're ill, because of your caring role or if you are self isolating due to the coronavirus and do not have a friend, neighbour or family member available to support you, then we can offer peace of mind.

Our services include:

- **Help with food shopping** - if you are unable to find a neighbour, friend or family member who is available to shop for you, then we can help to ensure you get a food delivery
- **Emergency food parcels** - H4All can deliver a box of essential food items to eligible residents. Please note, this is a last resort for residents with no money to shop
- **Prescriptions** - we can help you to register with your local pharmacy and arrange for regular prescriptions to be delivered to your door, to ensure you have a supply of essential medicines
- **Dog walking and posting mail** - help with daily tasks outside the home

If you would like to use this service, email COVID19Hub@hillington.gov.uk or call

020 3949 5786 from 8am to 5.30pm, Monday to Friday (10am to 2pm weekends and bank holidays)



Other food sources

There are growing numbers of home delivery services and the team at Hillingdon Carers can provide you with a comprehensive list of companies that will deliver fresh fruit and vegetables, freezer packs of meat and microwaveable ready meals to your door.



For a more comprehensive list of providers, please ask us for **Fact Sheet 1 - Food and Shopping**

Top tips for healthy eating

Base your meals on starchy foods - such as potatoes, bread, cereals, rice and pasta

Eat lots of fruit and vegetables - try to eat at least 5 portions of fruit and vegetable every day

Eat more fish - aim for two portions of fish a week, including a portion of oily fish

Cut down on saturated fat and sugar - including cheese, butter, cakes, cream and pies

Get active and try to be a healthy weight - being over - or under -weight can lead to poor health

Drink plenty of water - aim for 6 to 8 glasses (1.2 litres) of water per day

Don't skip breakfast - it gives us the energy we need to face the day

Looking after you... relax, exercise or enjoy a dance



Getting personal



Exercise and lifestyle are extremely important at all times but are even more so at this time.

Chris and the team at **Don't Tone Alone** are still offering full lifestyle checks over the phone or online. Once they have understood your situation, they will 'prescribe' a programme of activity that fits with your caring role and incorporates daily tasks. They will also recommend small changes that you can make to the way you eat, relax and exercise.

To book a lifestyle check and receive your **personalised lifestyle plan**, please contact **Daisy** on the office number on the front page.



Staying fit



There is something for everyone on the NHS website—Live-well:

Visit: www.nhs.uk/live-well/exercise/ click on the Fitness Guides button and take your pick.

If you want to try an aerobics or pilates class Which can be from 10-45 minutes visit: www.nhs.uk/conditions/nhs-fitness-studio/

If you prefer seated exercises visit: www.nhs.uk/live-well/exercise/gym-free-workouts/

please ask us for Fact Sheet 2 - Exercise or Fact Sheet 3 - Wellbeing



Enjoy your garden

Now is the time to care for your garden or your patio pots. How many plants and trees can you name? Keep a note of what goes where and when it blooms. For help on what do each month go to:

www.rhs.org.uk/advice

The Rural Activities Garden Centre (RAGC) are offering to deliver plants to Hillingdon residents.

To check availability and order, visit: www.facebook.com/ruralactivitiesgardencentre/
Or email: jsarnicki@hillingdon.gov.uk

Make time for relaxation

Why not give yourselves 10 minutes of calm with Sandra from Harlington Hospice?

www.facebook.com/harlhospice/videos/1150121001997252/

Or learn to care for your hands with gentle acupressure exercises:

www.harlingtonhospice.org/selfcare/



We're moving our yoga online!

Regulars from Jodi's popular Carer Yoga classes can now continue to learn and practice yoga from the comfort of their own homes.

Commencing from Thursday 23 April, yoga classes will be delivered on Zoom . They will run from 12.30pm alternate weeks.

For more information or to book a place, please contact **Madhuri** on the office number on the front page.

Dance and exercise for beginners

We are working with the Hillingdon Adult Learning Service to bring you new opportunities.

In these new online Taster sessions, you will learn how to warm up then do some limbering routines that can be applied every day at home to improve posture and flexibility. You will also learn the basic steps of a variety of dance styles.

Contact **Lynne** on the office number to find out more.

Create your own Radio Play

Working with our friends at Create Arts, we are seeking young carers from 10-16 years old to take part in a three-day drama and writing workshop to write and produce a play for radio.

Taking place in the May half-term holiday, you will need a Smartphone, tablet or laptop as sessions will be run remotely through Zoom - we may be able to lend you one if you don't have one.

Places will be limited so please let **Carole** know if you are interested on **07796 051616**



Come and play in the Fitness Garden



Are you missing your PE lessons at school or the Sports activities at Young Carer Clubs?

Then we might have the answer for you. Let us know if you are interested in joining in a Tin Can workout or other fun activities that will give you a laugh and help you to stay fit.

Activities will be provided via You Tube - let us know if you are interested and we'll be in touch.

Contact **Huw** on **01895 811206**

Free competition - get creative!

We want to capture your experiences of the lock-down in poems, pictures and photographs so please get creating!



We ask that you submit photographs, poems, pictures or paintings that have been inspired by your experiences of the lock-down - negative, positive, happy, angry or sad - we don't mind, be as creative as you wish!

To win a prize and a chance to see your work in print, please see details of how to enter on page 6

Something for everyone!

Zoo-LIVE cams

Edinburgh Zoo is closed right now, but their LIVE feed cameras can help you watch animals including pandas, koalas and penguins! Simply go to www.edinburghzoo.org.uk/webcams to start enjoying.

Xbox Game streaming

Play over 50 Xbox favourites on your Android phone or tablet, streamed directly from the cloud over Wi-Fi or your mobile network. You don't need to own games or a console, you'll just need to create a Microsoft account and download the "**Xbox Game Streaming**" app from of the App Store.

FREE audiobooks for kids and teenagers

Audible is offering free access to their collection of audiobooks for as long as schools are closed.

Go to stories.audible.com/start-listen to start listening!

BBC Bitesize

From Monday to Friday, you'll be able to watch Bitesize Daily on BBC Red Button from 9am to 11am, and again on BBC iPlayer. Each 20-minute lesson covers different age groups and will be brought to you by experts and some very familiar faces from the world of TV and sport.

Head to www.bbc.co.uk/bitesize for all of this and more.

Youth Sport Trust

The Youth Sport Trust are starting daily activities with #StayHomeStayActive. You can find all of their free resources for staying fit and healthy at their website: www.youthsporttrust.org

...and young adult carers

NHANCE'd support for YACs

Please remember that Huw is still there to help you with your CVs, job applications, interview practice, work placements and apprenticeships.

Also, why not join us on House Party?

Starting on 28 April and happening
every Tuesday from 6m-7pm

Catch up with friends, have a moan about the lock-down and help us to plan some virtual trips to festivals, concerts or stand-up comedy.

Call **Huw** for details on **01895 811206**

 Houseparty



Remember...

every Tuesday, 6-7pm

Why not try?

Learning the guitar - if you have access to a Guitar, instrument manufacturer, Fender, is offering online guitar courses free for 3 months

Learning a language - Rosetta Stone is offering young people still at school free access to its popular language courses for three months. There are more than 20 languages to choose from.

Grants for Young Adult Carers

We are currently able to offer grants of up to £100 to help 16-25 year olds to pay for course fees, purchase a new laptop for school, etc.

The **Open University** is also offering scholarships for courses in 202/21 covering all tuition fees, with priority given to young carers

For more information, please get in touch:
huwharris@hillingdoncarers.org.uk

We have lots of details about other support with employment and education.

For more information on employment and education support, please ask us for:

Fact Sheet 4 - Support with employment and education (CYP)

Do you need some help?

We understand that times are tough and that you might be struggling with the lock-down and missing your friends and even school or college. If things get tough, there is help out there:

www.childrensociety.org.uk - Advice for supporting young people's mental and emotional well-being and blogs by young people with advice and information for dealing with the lockdown.

www.princes-trust.org.uk - Information on the Princes Trust's services during lockdown. They are continuing to offer 1:1 support with education and employment including work placements in the health and social care industry.

www.kooth.com - An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

www.themix.org.uk - Support for under 25s with mental health, money advice, homelessness, employment and drugs.

If you think you need help PLEASE CALL US, we are there for you and will be able to find you support.

Also please ask us for: Fact Sheet 5 - Where to get help (CYP)

Time out... get creative!

Enter our free
competition - good luck!

Creativity in the times of Corona

Some of you will be missing our arts or creative writing classes, or you might be frustrated by having no creative outlet. No worries - time to get creating!



We invite you to enter our competition in one of four age categories:
5-10 years, 11-15 years, 16-24 years and over-25s.



We ask that you submit photographs, poems or paintings that have been inspired by your experiences of the lock-down - negative, positive, happy, angry or sad - we don't mind, be as creative as you wish!

There will be prizes for each category, entries will be put up on our Facebook page, and, we will publish the best in a new **2020 anthology** documenting carers' experiences of the Corona crisis.

Please submit poems, photos of your paintings or photographs with your age category and contact details by email to: office@hillingdoncarers.org.uk

De-clutter your space and de-clutter your mind!

With summer on its way, now is a good time to have a garage or wardrobe clear out or rejuvenate what is already there.

Look in your wardrobe - what haven't you worn for a while? Maybe it's ready for the charity shop when it reopens, or perhaps make it 'new' again with simple altering. Do you want help with decluttering? Or with an alteration?

Call **Lynne** on the office number to join an on-line workshop

Chill out with the TV or tablet

Let the theatre come to you

Why not check out a National Theatre production or a Lloyd Webber musical? Put the kettle on, put your feet up and relax!

www.timeout.com/theatre/best-streaming-theatre-shows-how-to-watch-online

Also, don't forget streaming services like BBC i-Player - all channels are replaying some of our favourite programmes, films and great sporting moments.

Make a date with yourself for Friday night

Activities for the lock down

Try your hand at a new craft - learn how to embroider, decorate a cake, or make a candle. And you can get the tools you need delivered straight to your door. www.hobbycraft.co.uk/get-started/

Take in some culture - nearly all galleries and museums are offering virtual tours – just pick one anywhere in London or the World, go to their website and take a look around!

Trace your Family Tree - find out where you came from and start to research your ancestors: archive.hillingdon.gov.uk/article/31061/Family-history---useful-websites

Learn Spanish – We are offering a basic introduction on-line for 2 hours a week for 5 weeks.

To register your interest please call **Lynne** on the office number on the front page

For more information on activities for the lock down, please ask us for: Fact Sheet 6 - Time Out

Specialist advice and crisis support

Age UK:

www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig59_coronavirus_inf.pdf

Asthma UK:

www.asthma.org.uk/advice/triggers/coronavirus-covid-19/

Macmillan Cancer Support:

www.macmillan.org.uk/coronavirus

MIND:

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/



Diabetes UK:

www.diabetes.org.uk/about_us/news/coronavirus

Autistica – Autism Research Charity:

www.autistica.org.uk/what-is-autism/coronavirus

The Traveller Movement

travellermovement.org.uk/covid-19

You are not alone

You may be feeling anxious about the situation, especially if you are alone.

Hillingdon Talking Therapies

is here to help. It provides support to help you to cope with anxiety, depression, relationships problems, increased isolation, existing illness and self-care. If you would like to talk to someone (by phone or video) please visit:

cnwtalkingtherapies.org.uk/hd1hillingdon
and click on 'refer yourself '
or call **01895 206800**

Dealing with death

Our colleagues at **Harlington Hospice** offer a bereavement counselling service for both adults and a specialist children's service.

For more information please visit:

www.harlingtonhospice.org/counselling

or call them on: **020 8759 0453**

The Mayor of London's office has produced a comprehensive guide for anyone that has suffered a bereavement during the Covid-19 crisis. It can be found on our website here:

www.hillingdoncarers.org.uk/downloads

If you can't access this, please call the office and we will arrange to send you a copy.

Where to get help in a crisis

NHS Coronavirus helpline

111.nhs.uk/covid-19

Domestic Abuse Helpline (women)

Freephone: 0808 2000 247

www.nationaldomesticviolencehelpline.org.uk/

Domestic Advice Line (men)

Freephone: 0808 801 0327

www.mensadviceline.org.uk/

Anxiety UK

03444 775 774 (Mon-Fri, 9.30am to 5.30pm)

www.anxietyuk.org.uk

Samaritans

Free call - 116 123

www.samaritans.org/

Health advice sheets in different languages

For help in Albanian, Amharic, Arabic, Bengali, Dari, English, Farsi, French, Hindi, Kurdish, Malayalam, Mandarin, Pashto, Portuguese, Somali, Spanish, Tigrinya, Turkish, Urdu and Vietnamese please visit:

www.doctorsoftheworld.org.uk/coronavirus-information/

If you are struggling to cope, have had a bereavement or don't know where to turn, please call the team on **01895 811206** as a matter of urgency, - you are not alone.

We will be able to help and to put you in touch with the right specialist help. Please also ask us for:

Fact Sheet 7 - Specialist help

Help from Hillingdon Carers Partnership (HCP)



Hillingdon Carers Partnership

Working together for unpaid carers



Business as usual...

The staff teams across the Carers Partnership are all still working hard, albeit from home, and, in addition to the exciting new services in this newsletter, we are providing many of the same services we did before the crisis, just over the telephone.

You can still get:

- **A Carers' Assessment**
- **Information and advice on a wide range of topics**
- **A Welfare benefits check and help to claim benefits**
- **A regular 'care call' to check in with you for a chat**
- **Specialist Dementia support from Alzheimer's Society colleagues**
- **Carers Short breaks - a few hours respite care in your home from Harlington Care**
- **Specialist mental health 'care calls' from Mind colleagues**

And please don't forget to book your appointment for help to draw up your **Carers Emergency Plan**

Call us for A Covid-19 Fact sheet:

- 1) Food and shopping
- 2) Exercise
- 3) Wellbeing
- 4) Support with emp./ed. (CYP)
- 5) Where to get help (CYP)
- 6) Time out
- 7) Specialist help
- 8) Help from HCP

Help with IT

Technophobes take heart!

If your heart sank when you read about all the new online activity, don't despair. We have our IT Manager, Natasha, and our fabulous IT volunteer, Chris, on standby to help you. They have 'how to' guides and can offer telephone support to get you going - **just give us a ring!**

Please also ask us for: Fact Sheet 8 - Help from the Hillingdon Carers' Partnership

Coming soon ...

We are working hard to provide you, our amazing carers, with as much support as we can - some things were just not organised in time for the newsletter. We are working on lots of new opportunities, so keep in touch - visit our website or give us a ring. We anticipate being able to offer the following in the near future:

- ◇ **A series of online courses**, including: Introduction to Poetry, Gardening tips, Painting and drawing, Knitting for beginners and, for you IT buffs, a Microsoft Word refresher.
- ◇ **New special interest groups** where we can chat over Zoom (or in telephone groups if you have no internet) about your passions, including: We Love Travel, Enjoy your Garden, Gallery/Museum tours, Sounds from the Musicals, and a new Book Club

To register your interest please call the Hillingdon Carers office, ask for Lynne and sign up!