



Carers 4 Carers

Finding support through supporting each other

June—July 2020

Did you manage to catch any of the Carers Week events? Personally I was rather disappointed by the coverage in the media. True, there were some moving reports about young carers—and what heroes they are—but we had to wait until Thursday and the Zoom meeting with the Queen for Carers' Week to be mentioned. Unfortunately, I think the news was somewhat swamped by Coronavirus and Black Lives Matter coverage. I would not want to diminish the importance of either of those topics but issues of caring are also extremely important and it's worth noting that 4.5 million additional people became carers as a result of the pandemic.

Talking of Zoom, if you'd like to keep company with Her Majesty, join in our Zoom meeting on June 26th, which would have been the date of our next meeting. You will find the joining instructions in the covering message you receive with the newsletter. I'm getting quite used to using it now, what with weekly Slimming World virtual groups and various team meetings. It really is very easy to use so give it a try.

This month, our Keeping in Touch theme continues as we look at some of the various Social Media platforms. We hear a lot of negative reports surrounding it but, used wisely, it can be a real channel for good. I wouldn't know half of what goes on in our village without it and it is a brilliant way of exchanging information and ideas. There, I've let the cat out of the bag. Now you know where I get some of my craft ideas from!

DISABILITY AIDS

I have been contacted by Gillian Jones, a member of the Stratford Time Bank, who has a number of her parent's disability aids for which she is hoping to find new homes. If you are interested in any of the following, please contact me, by phone or email (details at the foot of this page) and give me permission to pass on your contact details to Gillian.

Men's washable briefs for continence care, medium size. She has 2 pairs still in their packets and 5 used and washed.

4 adult-size bibs and 2 tabards.

Gillian also has two wheel chairs, a stairlift and a wheeled chair to go in the shower. She would like to sell these.

Some time ago I was asked if I knew of a video doorbell that doesn't rely on the use of a smartphone to work. Ideally, it would be a system that can unlock the door remotely. If you know of one that comes

without a hefty price tag, please let me know.

AskSARA, on the WCC website, is a useful tool for suggesting solutions to your personal circumstances when looking for disability aids. It takes you through a list of questions with 'yes' and 'no' answers at the end of which a selection of aids is recommended.

You can find AskSARA here:

<https://asksara.dlf.org.uk/?auth=warwickshire>

OUR MONTHLY MEETINGS

Carers4Carers' monthly meetings take place on the **fourth** Friday of the month. We meet at the Kineton Village Hall, Mill Street, Kineton, CV35 0LB between 10.30 and 12 noon. In accordance with Government guidelines during the current COVID-19 emergency, we regret that our meetings have been **CANCELLED** until further notice.

Carers 4 Carers is part of the network of Omega Meeting Point Support Groups Reg. Charity No. 1120322

KEEPING IN TOUCH 2

This month we look at three of the most well known elements of Social media, Facebook, Instagram and Twitter. This is very much the 'buzz' word these days and it's a bit like marmite, some people love it, some people hate it. I resisted going on to Facebook for a long time, but, when my niece married, it was the only way of seeing her wedding photos so I capitulated.

FACEBOOK

Using Facebook requires commonsense and being able to resist the temptation to click on everything. To see anything, you will need to register. This will enable you to have a page of your own but you don't have to use it if you don't want to and you don't have to fill in your profile. If you do want to use your page, then it's advisable to make sure you set the privacy settings to 'private'. That way only the people you invite to be your friends can see what you put on your page. I personally have never had any problems. I always take care not to publish home and email addresses or phone numbers.



One of the most useful aspects of Facebook is **groups**. These have administrators and you have to apply to join a private group before you can see other people's posts or write something yourself. The administrator has the authority to accept applications to join, delete unsuitable messages and block members who don't abide by the rules. Groups are a great way of learning more about a special interest that you might have or knowing what is going on in your community.

Pages are used by individuals, businesses and organisations. Carers4Carers has a facebook page which anyone can access. You can find it here: facebook.com/Carers4Carers/ . On the page you will find links to other useful organisations, information, comments and a link to newsletters.

Users can share information and messages, photographs and videos on Facebook. Users can also create events and shops. The marketplace is a useful place to find secondhand items.

TWITTER

Twitter is a social media site and its primary purpose is to connect people and allow them to share their thoughts with a large audience. Messages were originally limited to 140 characters but this has now been extended to 280. They can also include photos and videos. I was interested to read that 'tweets' of 80 characters or less have a 66% higher rate of engagement. Bigger isn't always better!



Twitter is often used by celebrities and organisations who want their comments to reach a wide audience. People don't have to be registered to read Twitter messages, as long as they know the username of the person making the comments or 'tweeting'.

A tweet at the beginning of Carers' Week read:

INSTAGRAM

Instagram is another social media app that allows users to share photos and videos, amongst other things. It's not something I have used but if you look at various business and charity sites, many of them will have links to an Instagram account.



The main difference between this and Facebook is that it's all about photos and videos, whereas Facebook allows much more.

"New research launched for [#CarersWeek](#) found there are an estimated 13.6 million unpaid carers in the UK. That is 26% of the population. It is more important than ever that we are all [#Making-CaringVisible](#) "

The amount of information that we can include on Social Media in a newsletter such as this is limited. Therefore, I offer you these links if you wish to find out more:

<https://www.ageukmobility.co.uk/mobility-news/article/social-media-tips-for-older-adults>—this is dated 2018 and we know that the world of social media changes rapidly but this covers the basic safety issues, plus more links.

<https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/> - a useful guide to the internet and technology

<https://www.cheatsheet.com/gear-style/how-to-use-instagram.html/>

<https://www.wikihow.com/Use-Facebook>

Also, don't forget Care Companion. At the moment, most of this kind of information is in the section on COVID-19. www.carecompanion.org.uk

FACE COVERS

The Government is now recommending wearing cloth face coverings in public spaces where social distancing is difficult, like shops and on public transport. They are also required at most doctors' surgeries, including when you collect medication, and hospitals.

A face cover is not the same as PPE. It is intended to protect other people from you (you might be carrying COVID-19 and not know), not protect you. The cover can be very simple but should cover your mouth and nose while still enabling you to breathe comfortably.

You should always wash your hands or use sanitiser before putting it on and after taking off and clean any surfaces the cover has touched. Try not to touch your face cover while you are wearing it.

When you remove your face cover, store it in a plastic bag until you can wash it. It can be washed with your household laundry, using regular detergent, which will destroy the virus. Some agencies advise a hot wash, others disagree!

Face covers are not a substitute for social distancing or washing your hands frequently. They can be bought at pharmacies but there are many patterns available. If you fancy having a go, take a look at the patterns here: <https://www.bigcommunitysew.co.uk/#howto>.

There are numerous sewers out there busily slaving over a hot sewing machine, myself included. Ladies in my village have been offering to make face covers so I decided to do something different. I have been

making Face Cover sets, which comprise a face cover, hand sanitiser bottle holder and a waterproof lined zip topped purse to store it in. The purse could later be used as a make-up bag when no longer needed.

I am making a limited number of the sets selling for £12 plus £1 p & p if required. Individually, the items would total £15. The £5 profit from each set will be donated to Carers4Carers.

You will be able to see photos of all the different patterns available on my Hemiola Crafts facebook page: <https://www.facebook.com/HemiolaCrafts/> or on my website, www.hemiolanet.co.uk.

Alternatively, send me an email, a message, or pick up the phone!



LETTER FROM LOUISE

Did you have a penpal at school? Would you like one now? If you'd like to receive a monthly letter from someone with similar interests, apply for a Letter from Louise, a scheme run by Omega. The enclosed leaflet explains more.



FINALLY, THE LAST BIT ON KEEPING IN TOUCH

Do you find it difficult to make contact with your Doctors' surgery? During the lockdown, as much contact as possible with the surgeries has been done by phone or on-line. The E-Consult system is now used by the majority of surgeries. It allows patients to consult with their own GP online by completing a quick form that is sent and reviewed by the practice. The patient can also be directed to self-help, pharmacy advice and local self-referral services. It can be used at any time, including outside surgery hours.

There have been positive reactions to the system and reports of quick response times. When these have been longer, it could be that the best person to contact you was not available. Hastings House Medical Centre is delighted that their patients seem to have taken so well to the system and in fact have the highest percentage of their patients using it amongst South Warwickshire surgeries.

Of course the system isn't for everyone, especially those without internet access and certain disabilities. However, the high take-up has meant that the number of patients using the phone has decreased significantly, meaning that it is now easier for those who need to use the phone can get through.

TRADING STANDARDS ALERTS ON SCAMS



The alerts that drop into my inbox continue to focus on bogus cold callers and there are too many to list here. The advice remains the same:

1. never buy from unexpected doorstep sellers
2. If in doubt, keep your door closed
3. Report rogue trade to Trading Standards by phoning Citizens Advice on 0808 223 1133

Particularly concerning are the bogus texts to members of the public that a 'COVID Home Testing Team' will visit their homes. A date and time is given and the 'team' will telephone the recipient on arrival. It states that the team will 'enter your property and we will remain inside the front door to put on our protective clothing. You must wait in a separate room before we come to you.'

This is an attempt by thieves to gain access to homes. Such texts should be ignored and doors kept closed and lock in the case of a visit. NHS Test and Trace will never ask for financial details, PINs or passwords and they will never visit your home.

CHATTERBOX



We all know that caring can be isolating and lonely. That's why Chatterbox was set up by Omega. It's a telephone befriending programme designed to support carers, the bereaved, elderly or those with a life-limited condition. It offers a weekly call and offers additional emotional support. More information is in the attached leaflet.

DAILY SURVIVAL KIT



Author unknown

Fill a bag with a toothpick, rubberband, band aid, pencil, eraser, chewing gum, mint, candy kiss, tea bag. Then attach this poem to the bag:

1. **Toothpick**—to remind you to pick out the good qualities in others
2. **Rubber band**—to remind you to be flexible: things might not always work out the way you want, but it will work out
3. **Band aid**—to remind you to heal hurt feelings, yours and someone else's
4. **Pencil**—to remind you to list your blessings everyday
5. **Eraser**—to remind you that everyone makes mistakes and it's OK.
6. **Chewing gum**—to remind you to stick with it and you can accomplish anything
7. **Mint**—to remind you that you are worth a mint!
8. **Candy kiss**—to remind you that everyone needs a kiss or a hug every day
9. **Tea bag**—to remind you to relax daily and go over your list of blessings.

(Don't like chewing gum? I don't either. Use some blutack!)



Several of you said how much you enjoyed the puzzles and activities I included early in the lockdown so I thought it was time to include a few more.

LINK THE WORDS

Find a word which can go after the first word and before the second to make two new words.

E.g. for **Flag** **Cat** the link word is Pole to make Flagpole and Polecat.

Piano	Hole
Capital	Box
Gold	Nail
Soap	House
Barrier	Knot
High	Suit
Wisdom	Fairy
Jelly	Cake
Pass	Perfect
Curtain	Road
Apple	Boat
Church	Bridge
Radio	Sandwich
Sledge	Toe

All about Caring Word Search

T	E	O	U	T	I	N	G	S	V	S	P	V	G
O	E	X	H	A	U	S	T	E	D	U	T	E	S
L	F	G	N	I	S	S	E	R	D	D	V	V	T
H	U	S	S	H	A	R	I	N	G	O	T	O	D
U	N	G	E	G	E	L	I	V	I	R	P	L	D
R	N	S	U	P	P	O	R	T	N	O	D	F	F
T	Y	G	N	I	S	S	E	R	T	S	I	D	F
I	G	R	O	U	P	R	P	X	Y	O	J	D	E
N	I	R	D	U	J	O	B	S	E	R	A	G	E
G	D	N	D	E	T	A	R	T	S	U	R	F	D
G	N	I	T	I	S	I	V	D	S	J	E	U	I
U	A	R	G	N	R	E	T	H	G	U	A	L	N
Y	I	S	F	E	T	J	Y	L	E	N	O	L	G
D	E	T	I	P	S	E	R	E	B	G	G	S	I

LONELY
FRUSTRATED
GROUP
FEEDING
PRIVILEGE
OUTING
HURTING
LOVE
SHARING
JOBS
DRESSING
EXHAUSTED
DISTRESSING
VISITING
SUPPORT
LAUGHTER
RESPIRE
JOY
FUNNY

For those of you who enjoy a time of mindful colouring, this delightful picture was drawn by Chloe Edwards-Green from Kinton. She has kindly given her permission to reproduce it here. For those of you who aren't fans Pooh, like me, or simply prefer something a little more challenging, I thought the second picture was appropriate for the weather we've been having!

