



# Carers 4 Carers

Finding support through supporting each other

January—February 2021

It's customary in January to wish everyone a Happy New Year but with all that is going on in the world, I find that quite difficult to do. Certainly, a new year is a time for new beginnings and also for looking forward to a brighter future. Sadly, the near future does not look very bright and we've even been promised that it will probably get worse before it gets better. "Take each day as it comes" is advocated by many and we need to do that at the moment as we work out how to get our shopping and necessary supplies, especially when booking an online delivery seems nigh impossible. It can all get so depressing; for ever taking the necessary precautions, remembering your face cover when you go out and pushing against what comes naturally when seeing a friend walking towards you in the street and having to move over to make space instead of perhaps giving each other a hug.

But ..... we must look forward to the future when things *will* be brighter. I am sure a number of our older members will already have received their vaccinations and many will be contacted over the next few weeks. Did ever a box of little glass vials hold so precious a liquid! We must look forward to that time when we will be able to hug our children and grandchildren and those we love so much to keep us going. We must look forward to the time when we can go out safely, possibly enjoy a holiday. We must look forward to the time when we can return to those activities that have been out-of-bounds for so long and which are so vital for our mental health. How I look forward to getting back to singing, to painting socially, to enjoying a day out with friends.

We know that, very sadly, some of you will have lost someone you hold dear during this pandemic, possibly as a result of it. In addition to the grief that accompanies that loss, you may have had to cope with being unable to say 'good-bye', unable to have that physical contact with others who share your grief and met with challenges as you have done your best to go through the usual routines that follow bereavement.

Lisa and I and our small team of volunteers want you to know that we are here to support you, whether by offering you a friendly telephone call, suggesting ideas that might help, or by making contact with other agencies for you. You are not alone and we do wish you a happy, healthy and safe New Year. The sun will light up our skies again.



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

**VIRTUAL COFFEE MORNING**

Time for a chat and a chance to catch up? It's time for our first Virtual coffee Morning of the 2021.



Lisa and I have been trying for some time to come up with a solution that would be all-inclusive and allow those of you not on the internet to join. Well, we have a possible solution and for the first time this month, we are going to give it a try.

We will still be meeting on Zoom but we now have the facility that will allow you to join by phone, either landline or mobile. Look for the details in the letter or email that comes with this newsletter or, if you are not on our mailing list, send us an email or give us a ring. Contact details are at the foot of this page.

**Date?** Friday January 22nd.

**Time?** 10.30

**CHRISTMAS QUIZ ANSWERS**

Did you have a go at the quiz in the last newsletter. It wasn't that hard was it! Here are the answers in case you were really stuck on the odd one:

1. Raymond Briggs
2. 3 p.m
3. Gold, myrrh and frankincense
4. 1990
5. Tiny Tim
6. The Stone of Scone
7. Robert Burns
8. Mr Blobby
9. White Christmas
10. Kissing under the mistletoe
11. William the Conqueror
12. Germany
13. Played football
14. Capricorn
- 15..Austria
16. a silver coin
17. pigs in blankets
18. Mrs Cratchit

**ACHES AND PAINS ? IT'S IMPORTANT TO KEEP MOVING**

During each of the lockdowns we have had so far, we have been allowed to go out for an hour's exercise. For those able to get out, the weather at the moment does not encourage us. My heating broke down almost a month before Christmas and I got into the habit of snuggling down on the sofa in the room I was heating. It was far too cold to work in my study. Well, I'm pleased to say that the heating is now fixed but it's taken a long time for me to break that habit of working on a comfy chair and now my hips are giving me reminders that I need to move more. So, I've decided to build in two half hour's of exercise and I've just come back from a bracing walk along the road.

We don't always need to go out for our exercise though and for those with mobility issues there are a number of options. During the last lockdown, BBC 5 Live broadcast a series of 10 minute fun physical exercise sessions for older people. These can be done standing or sitting. They are now available in podcasts online but, if you're not online, they can be downloaded so perhaps a friend or family member could do that for you. *Morning Live*, the programme that follows BBC Breakfast at 9.15 is due to return this month and will include some fun physical activity. See the back page for links to ideas to help.

Last August I sent out some printed sheets of ideas for exercises to those receiving their newsletters by post. Please let me know if you would like it resending.

## COVID 19 VACCINATION

I am sure everyone will be aware that the vaccination programme is being rolled out across the country, starting with the over 80s and the most vulnerable. The majority of our members attend Hasting House surgeries in Wellesbourne or Kineton, Kineton Surgery with Tysoe or Shenington with Fenny Compton. This information comes from those surgeries either in their newsletters or their facebook posts.

The Kineton and Tysoe surgeries, along with Fenny Compton and Shenington are joining together with the other surgeries in their Primary Care network and will be offering vaccinations in Southam. Patients of Hastings House will be offered a vaccination at Wellesbourne.

I understand that some patients have been invited to the mass vaccination hub in Birmingham which will be quicker but you don't have to travel that far, you can wait to be invited by your own surgery.

Patients are being contacted in priority order and should wait to be contacted. All surgeries are asking you not to contact them in the first instance.

1. Older adult residents in care homes and their carers
2. All over 80s and frontline health and social care workers
3. All over 75s
4. All over 70s and those who are clinically extremely vulnerable
5. All over 65s
6. Anyone between 16 and 64 with underlying health conditions
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over

### COVID VACCINE SCAM ALERT—an NHS update, dated 12th January 2021

Some people are receiving suspicious calls and text messages offering vaccinations.

Remember, the vaccine is only available on the NHS, free, for people in priority groups. You will be contacted by the NHS when it is your turn. Offering a paid-for vaccine is a crime. At the moment house calls are not being made to deliver or discuss the vaccine. Anyone doing so is committing a crime.

If you receive a fraudulent call, hang up. If you think you have been a victim of fraud contact Action Fraud on 0300 123 2040. If you are vulnerable, and particularly if you are worried that someone has or might come to your house, report it to the Police online or by calling 101.

**NHS**

**COVID-19 VACCINE  
FACT CHECK**



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

## LINKS AND SIGNPOSTS

### KEEP MOVING

10 minute chair exercises, devised for the NHS

<http://cleartrust.org.uk/>

Age UK—15 ways to move more at home poster (scroll to bottom of page)

[www.ageuk.org.uk/information-advice/health-wellbeing/exercise/](http://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/)

5 easy chair exercises from the British Heart Foundation

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity> - scroll down page for chair based exercises



10 Today

<https://www.bbc.co.uk/sounds/brand/p087wddm>



## FEELING LONELY, LOW OR ISOLATED

**Silverline**—available 24/7 as well as a befriending service [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)  
[info@thesilverline.org.uk](mailto:info@thesilverline.org.uk) 0800 4 70 80 90

**Mind** offers coping strategies, further ideas for support, emergency advice, patient stories so that you know that you're not alone. [www.mind.org.uk/](http://www.mind.org.uk/) Info-line 0300 123 3393 open 9 - 6

**Coventry & Warwickshire helpline** - a free 24/7 confidential helpline providing emotional support to residents of Coventry and Warwickshire. Phone 0800 616 171

**Advice from the NHS**—If you need urgent help during a mental health crisis or emergency, contact your local NHS urgent helpline provided by Coventry and Warwickshire Partnership Trust 0808 196 6798



Warwickshire County Council are encouraging us to show we care. Use the colouring sheets that come with this news-

letter, or draw your own hearts, and write in the shape who or what you care about: key workers, neighbours, grandparents, school friends, teachers, carers, nurses etc.

Display the hearts in your window for others to see and if you can, take a walk and see how many hearts you can find.

More information and ideas can be found at <https://www.warwickshire.gov.uk/>

**OUR MONTHLY MEETINGS**—In accordance with Government guidelines during the current COVID-19 pandemic, we regret that our meetings have been **CANCELLED** until further notice.

### POSITIVITY CORNER

It's important to think about what we can be grateful for, especially the small things

