



Carers 4 Carers

Finding support through supporting each other
July—August 2020

While the world in general is gradually easing itself out of lockdown I know many of you are continuing to shield. It's a long haul and the thought of going 'outside' can be frightening. When I had appointments for feet, teeth and hair I took my first tentative steps into a town. I admit I was nervous about what I would find but I found that most people were respecting the rules. I was reassured by many of the measures that had been put in place. However, having gone out so little over these last few months, it doesn't come naturally to step back to make space and it's essential to develop the habit urgently if you haven't had much experience of this. It's all about respecting each other and caring about the wellbeing of another person so we should be pretty good at it.

I'm delighted to say that the Face Cover Sets I have made have been well received and there are none left of my initial batch of twenty. However, it's clear that the demand is continuing as I'm still receiving enquiries and so, after a short break, I have started making again. A reminder that the sets consist of a two layer face cover with pockets for an optional filter and nose wire, hand sanitiser bottle holder and waterproof lined zip topped bag to keep it all in. The sets cost £12 and the £5 profit from each set goes to Carers4Carers. I've also been asked if I would offer single face covers so that you have a spare. I'm happy to do these at a cost of £6 from a limited number of fabrics. You can see them here: <https://www.hemiolanet.co.uk/Face-Cover-Sets/> or on my facebook page www.facebook.com/HemiolaCrafts. If you'd like to buy, drop me an email or leave a message on 07947 893504.

Concentrating on all this creative activity is the reason this newsletter is so late. I do apologise and hope you understand.

PLANS FOR AUGUST

In July we experimented with having two virtual coffee mornings. Take-up is still small and we understand that. In normal times, we would be arranging to go out for coffee to the National Herb Centre but obviously that can't happen this year.

We have a few ideas up our sleeves but it is too early to say what they are. Your volunteer team usually take a break in August and we hope you won't mind if we do the same this year. This July-August newsletter has effectively become an August newsletter. There will be no further newsletter in August but we will send out an email/letter to members towards the end of the month. If our ideas come to nothing,



then we will hold another virtual coffee morning on August 28th. For anyone who would like to join but is just too nervous, see the notes on page 2, for the Digitally Challenged.

Although your team is reducing what we do this month, **we are still here** and if you need help you are still welcome to phone— be prepared to leave a message—or email. Details are at the foot of the page.

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.

FOR THE DIGITALLY CHALLENGED

Joining Zoom

Lisa has discovered an excellent tutorial on how to join Zoom if you are feeling at all nervous about it.

Go to www.stroke.org.uk/what-is-aphasia/communication-tools/video-calling-people-aphasia. This link is clickable and it is quite safe. It takes you to a page on the Stroke Association site. Video calling is often easier for people who have communication difficulties than using the phone and this guide has been put together for them. However, it is so clear that Lisa felt many of you would benefit from following it.

It covers using Skype, Whatsapp and Zoom. Better still, it shows using these apps from different kinds of devices: using your computer/laptop, using a phone or table device with Android or using an iPhone or iPad. So you should all be covered. Just scroll down the page until you come to the section you need. Just note that, if you only ever intend to join a meeting someone else has set up, you do not need to have an account.

Zoom

- [How to use Zoom](#)
- [Zoom: Android tablet or phone version](#)
- [Zoom: computer version](#)
- [Zoom: iPhone or iPad version](#)

Learning from a video

Sometimes following a video instruction is easier because you can see what happens when you click different parts of the screen. I have found a very clear video in which Marcia takes everything very slowly and clearly through the processes of making your very first Zoom call. She explains how to download the app, join the meeting and how to make sure your video and microphone is on.

This is an American video but it all works the same except that in the UK, using the basic plan, which Carers4Carers do (you have to pay to use other features) it is not possible to join meetings by phone, so just ignore that. However, if you should need that instruction any time, at least you'll know how to do it.

You can find the video here:

www.youtube.com/watch?v=9isp3qPeQ0E



[Joining a Zoom Call for the First Time; Fun and Easy Online ...](#)

Still nervous but like to have a go?



Lisa and I are offering one-to-one Zoom training sessions when you can try out joining in private. We'll arrange a time during the last week in August, send you a link, and you can try it without anyone else seeing what you are doing. We can guide you through on the phone at the same time if you like. If you would like to do this, let us know and we'll send you a list of available times. I am also happy to offer similar help with

registering on Care Companion (www.carecompanion.org.uk).

NEWS

Hastings House Medical Centre have changed the opening times of their dispensary. From 3rd August, the dispensary will be open for medication collection :

Weekdays : 8.30—10 a.m. And 3 p.m.—6p.m.

Their latest newsletter is available on their website: www.hastingshouse.org.uk . You'll find the link on the right side of the home page, under Latest News. You may need to minimise the blue E-Consult panel by clicking on the arrow at the right.



NHS Continuing Healthcare Funding update

Debbie Anderson, from Moore and Tibbets, will be holding a free webinar on Thursday 20th August at 10.30 a.m. till 11.30 on Zoom. To register and receive joining instructions, email Esme at esmeh@moore-tibbets.co.uk .

Moore and Tibbets publish a regular Care Team newsletter. I am happy to forward it to you or you can download it from their website: <https://www.qualitysolicitors.com/moore-tibbets> under the News and Events tab. If you have no internet access, then contact Esme on the above phone number and ask if a paper copy can be sent.

Unfortunately it's not possible to join this by phone but a free initial telephone consultation on 01926 354704 can be arranged for anyone with a concern.

“Focusing on personal needs isn't selfish — it actually increases our capacity to care for others.”





WARWICK
THE UNIVERSITY OF WARWICK



Public Involvement Opportunity

Are you part of a couple who both have health problems? Do you help look after each other?

If this is you, we would love to hear about your experiences

At the Unit of Academic Primary Care, we are **planning research looking at the experiences and support needs of couples**, where both individuals are **living with illness or long-term conditions and are providing care and support to each other**.

The aim of this research is to explore what services you have used and whether they **adequately meet your needs**.

We would like to invite you **to give your views to help us to design this research** and make it relevant to couples living in a mutually caring relationship.

It should take about 20 minutes of your time, and we will give you a £10 shopping voucher as a thank you.

How to take part:

To arrange a short video chat or telephone call please contact

Jo Parsons on
jo.parsons@warwick.ac.uk



SCAM ALERT

I have received the following latest alerts from WCC Trading Standards.



Cold Callers: Nottingham Knockers are usually ex offenders who try to sell goods such as dusters and other household items. They show an I.D. card, which is bogus and can be very persistent. This is illegal and should be report to the Police on 101 with a description and direction of travel. If you can, avoid opening the door and do not buy from cold callers.

Insulaton related scams: traders make unsolicited phone calls claiming that home insulation is 'degrading' or that cavity wall insulation was incorrectly fitted and is failing. They are not part of a Government operated scheme to carry out home checks. If you want advice on aspects of home insulation and grants, freephone 0800 444202 or visit www.simpleenergyadvice.org.uk.

Bogus Amazon and Amazon Prime Phone Calls: scammers cold call residents claiming to be from Amazon or Amazon Prime. They try to trick people into sending money by:

- Claiming that Amazon have mistakenly debited a person's bank account and requesting the individual pay £75 before the money can be returned
- Recorded messages stating £79.99 Prime subscription will be automatically renewed unless the individual presses 1. The scammer can then speak directly to the victim and attempt to obtain personal and financial information and money.

The scammer may already know the name, address and phone number of the people they are trying to scam. Amazon advise consumers to put the phone down immediately and not reveal any personal information.

Advice from Trading Standards is always to type a web address into your browser and never follow a link in an email or text message, even if it appears genuine.

CALENDARS 2021

Is it too early to think about Christmas presents? I daren't think how many weeks we have left!

For several years, volunteer Val Trinder has been producing a calendar of photographs that she has taken and sold them for charity. This year, Val is offering to donate the profits from her calendars to Carers4Carers. Thank you Val.

The calendars cost £5 each and feature Val's original photographs of 'Landscapes of the British Isles'. The calendars are A4 format, with small boxes for each day. Each month will feature a different photo, ranging from the Cairngorms to Dartmoor, Snowdonia to Norfolk. Hopefully you'll notice a local one in there too.

To keep printing costs down and therefore increase the chances of some profits, they are available by ordering in advance only. If you would like a photo, then you can order them via our email address or by leaving a message on the Carers4Carers' phone—details at the foot of the page. The deadline for orders is **Monday 24th August**.

There are times when you have to do what's best for you, not what's best for everyone else.

HAND SANITISER OR GLOVES?

The first time I ventured out near a shop was near the beginning of the lockdown. I had to go to Stratford Hospital for a blood test so braved a supermarket while I was out. I happily donned my disposable gloves so that I didn't pick anything up from the trolley handle or goods that went in my basket. I thought I was doing the right thing, until a local nurse put a



quite extensive 'rant' about the inappropriate use of gloves while shopping on the village facebook page and it made think. Sometime ago, discussing hygiene arrangements with Lisa, she made the comment that handwashing or using sanitiser is more effective so, as our resident health care worker, I invited her to write an article for us on the pros and cons. Do follow up the links she provides, if you can, as they give excellent information and arguments.

At the time of writing, the World Health Organisation, Public Health England and the NHS all advise that the best way to protect yourself and others from Covid-19 is to wash your hands with soap and water (or use a sanitiser gel) regularly throughout the day; catch your cough or sneeze in a tissue, bin it, and wash / gel your hands afterwards; avoid touching your eyes, nose and mouth. Why? Washing / gelling your hands kills viruses that may be on your hands; once contaminated, hands can transfer the virus to your eyes, nose or mouth (and can then enter your body and infect you); droplets spread virus so by catching your cough / sneeze in a tissue you protect those around you.



So, surely it would be better to wear gloves? Probably not.

Imagine you're in the supermarket wearing gloves, you pick up a box of cereal, put it back, touch your face with your hand and tuck your hair behind your ear. You take out your phone to look at your shopping list and then move on to the next aisle. Given what we know about how Covid-19 spreads – mainly through droplets expelled in the air, but also through touching infected surfaces – if someone with the virus on their hands had already touched that cereal box, you may have transferred it to your gloves, face and phone (and the next item you touch).

We think that masks and gloves go together because we see them being worn by hospital staff. We now see more people wearing masks so it may seem logical that if we're going outside wearing a mask, we need to wear gloves as well. However, wearing them could lull us into a false sense of security and make us think that we're protected, when we aren't necessarily. Touch a surface contaminated with the virus, then touch your face with a gloved hand and it's the same as touching your face with your actual hand.

If you're going to wear gloves, treat your hands in the same way as you would without them. For example, take them off when you leave the supermarket, gel your hands before getting in your car to avoid transferring the virus onto the steering wheel. Take gloves off safely before throwing them away – grab the outside of one glove at the wrist and peel it away from the hand, pulling it inside out, then peel off the second glove by putting your fingers inside the glove at the top of your wrist and pull it inside out without touching the outside. **You still always need to wash or gel your hands afterwards and keep your hands away from your face.**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://fullfact.org/online/Coronavirus-Gloves/>

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

THIS MONTH'S FOCUS—CARER WELLBEING

We frequently return to this topic but I make no apology for this. If carers don't look after themselves, who is going to look after the people they care for? You will be able to carry out your caring role much more effectively if you have some energy, mobility and good mental health.

OK. Pull the other one. Who do you think you are suggesting this?

Well, from first hand experience, I know that these are ideal qualities for a carer to have but I also know that we don't live in an ideal world, especially at the moment. Much depends on who is caring and who they are caring for. A daughter caring for a mother will be younger and the chances are that she will have more energy and mobility. A wife looking after a husband or vice versa, is more likely to be nearer in age and if that means they are in the senior age bracket, then health issues may be a reality. However, there are things we can do. The information that follows does not provide a silver bullet, it won't be appropriate for everyone but read on and see what's in it for you. I hope it helps.

MOBILITY

I recently attended a Zoom meeting of groups that had been offering community support during lockdown. With a pause on shielding due on August 1st, many carers and their cared-for may be looking forward to venturing out, albeit with a touch of apprehension. Concern was expressed by some that, because of very little opportunity for exercise while shielding, many people now had even more reduced mobility. It's important, therefore, to keep moving as much as possible in order to improve strength, balance and flexibility and reduce the risk of falls.



Little and often is best and easier to fit into a daily routine. During the lockdown I was unlucky enough to suffer an attack of sciatica. Leaving me with a limp, I've had to work hard to get back to walking correctly and, hopefully, without pain. Just doing the same twenty-minute walk each day and gradually increasing my pace has worked wonders. I'm now out of pain and don't rock from side to side quite so much. I hope people didn't think I'd been drinking!

Donning your running shoes and tracksuit isn't possible for everyone but there are things you can do and they can be fun too.

The NHS site has a number of different kinds of exercise videos for all levels. Of course, there are lots on YouTube. To list them all would fill a book and

they wouldn't all be suitable. Do you remember Diana Moran, the Green Goddess? She has lots of short videos, many of them seated and aimed at older people. Personally I find the shorter ones much better and I'm more inclined to use them!

The options for finding something suitable for those of you without internet are significantly reduced when you can't visit shops. Instead, I'm including a printout of some ideas from the Age UK site for those of you who receive a printed newsletter as well as some from the WCC site.

If you or the person you care for struggle to move, here are some ideas from the Age UK site to get you started:

- If you sit down a lot during the day, try getting up once an hour. If that's not possible, move your arms and legs for a few minutes. Set a timer to remind you.
- Do gentle stretches in bed or in a chair each day to keep supple
- Set goals to work towards such as pushing up from sitting in a chair to standing without using a walker or leaning on someone else
- If you're reasonably steady, walk from one room to another and back and time yourself. Try to beat your time each day.

Exercise is good for your mood so it's worth persevering. Remember Captain Sir Tom Moore

MENTAL WELLBEING

It always helps if carers have a sense of humour. I think no-one would deny that, but sometimes we just don't feel like smiling or laughing. Looking after someone else is a huge responsibility and it is little wonder that carers frequently feel so emotionally challenged. The chart on the right shows the known emotional impact that carers might experience, listed by Mind.

If any of these resonate with you, how do you cope? Here are some suggestions and yes, they are 'don't's. While these apply in 'normal' times of course some are particularly pertinent now.

Do not shy away from sharing with others that you are a carer.

Do not pretend that everything is like it used to be; you need time to grieve the loss of your old life

Do not attempt to be Super Carer

Do not be reluctant to share your challenges and difficulties with the person you care for

Do not become isolated yourself even if the person you care for is housebound

Do not neglect your own health.

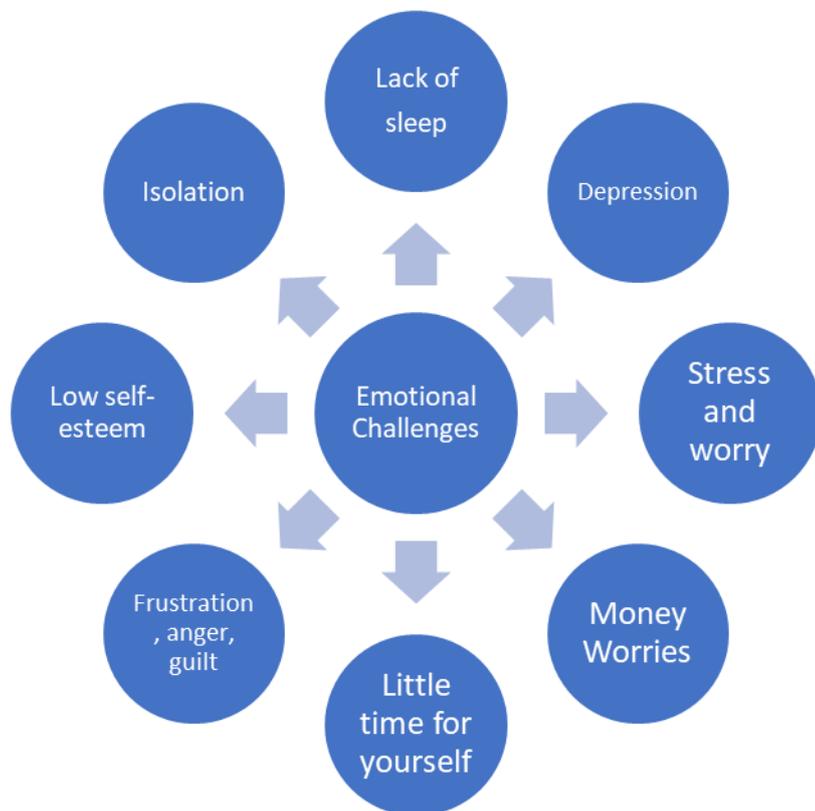
Now let's be positive:



It's Time For A Break

• Try to take a small break. If you can't, snatch a moment for yourself and take some deep long breaths.

- Talk about how you feel
- Be realistic
- Stay organised



- Find positives in your relationship
- Get enough sleep
- Learn a relaxation technique
- Support your loved-one's independence
- Look after your physical health



Of course, these are only some of the things that you can do. If you have internet access, I would urge you to visit the Mind website: <https://www.mind.org.uk/information-support/>. You can also contact them on their Infoline for information and signposting on 0300 123 3393, 9—6 on weekdays.

Warwickshire County Council have a mental health helpline which is available 24/7 and gives access to a trained team of experienced support workers. It is available on 0800 616 171.

There is a lot of information providing support for mental wellbeing on Care Companion, some of it specifically provided to help with the Coronavirus emergency. You will find it in the Looking After Yourself section under COVID-19 and Mental Health.

IDEAS TO HELP

Feeling down ?

- Spend some relaxing time with your loved one—enjoy a favourite activity together
- Smile and tell them you love them—a smile usually returns a smile

It could be time for that break:

- Snatch five minutes with a cuppa and a book
- Take a stroll round the garden and smell the flowers
- Phone a friend
- Put your feet up and enjoy a favourite piece of music




Care Companion

Keep track of your mood

Care Companion has a mood monitor. Fill it in each day for yourself and your loved-one. If you are consistently recording low moods, it's probably time to talk to your GP or other support health staff.

Enjoy music, or a sing-song?

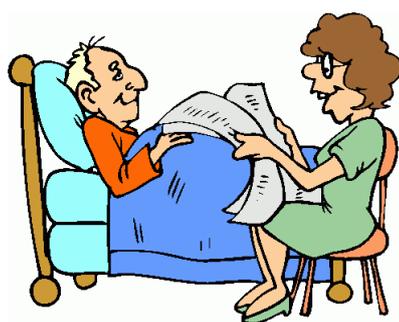
Warwickshire-based choir, Armonico, have recently received funding for Voice Squad. This offers free online sessions, via YouTube, tailored for the over 60s shielding at home or in residential care. Singing improves our sense of happiness and well-being, reduces anxiety and stress and can help combat isolation. Led by skilled leaders, the sessions fall into three groups:



- Popular and upbeat songs from the 60s and 70s
- Golden oldies from the 40s and 50s
- Specialised sessions for those living with dementia.

A flyer is attached for those receiving a digital copy of this newsletter and you will find the links to the sessions in the accompanying email.

Watch holiday videos together



Read the newspaper together



Share the cooking if you can

Watch the birds in the garden



Make a collage of pictures of each member of your family. Chat about happy memories.



Enjoy hobbies together

I hope you enjoyed the puzzles I included last month. I'm including two more puzzles/quizzes this time. They are deliberately not too demanding. As a number of you enjoyed Val's Christmas quiz, I invited her to compile another.

Can you see the wood for the trees?

Solve these clues to find common trees. (Spellings are not exact.)

Example: Margin between sea and land. *Answer: Beech.*

- What's left after a fire
- Female sheep
- Used to smooth wood
- Its product nice with pancakes
- Roasting on the fire in a Christmas song
- We go round this one
- Suburb of London
- First name of Kennedy's successor
- Long for something or someone
- Mediterranean island
- Senior figure
- Christmas friend of Ivy



How good are you at anagrams?

The answers to all these are bones of the body.

- | | | | |
|-------------|-------|-----------|-------|
| SUERMUH | _____ | SACUPAL | _____ |
| REFUM | _____ | TREMNSU | _____ |
| LKLSU | _____ | TEEBVRERA | _____ |
| AIDSUR | _____ | CYCOCK | _____ |
| STLRTSMAAEA | _____ | PNESI | _____ |
| ATELLAP | _____ | BITAI | _____ |
| LAECLVCI | _____ | LUNA | _____ |

PUZZLE ANSWERS

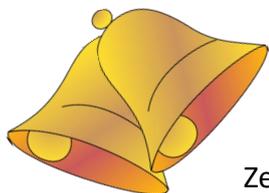
Here are the answers to last month's puzzle:

Piano/key/hole	capital/letter/box	gold/finger/nail	soap/ opera/box
Barrier/reef/knot	high/jump/suit	wisdom/tooth/fairy	jelly/fish/cake
Pass/word/perfect	curtain/rail/road	apple/sauce/boat	church/tower/bridge
Radio/ham/sandwich	sledge/hammer/toe		

Roosters—a most eggsellent story

Zebediah was in the fertilised egg business. He had several hundred young layers, called pullets, and eight or ten roosters, whose job was to fertilise the eggs.

Zeb kept records and any rooster that didn't perform well went into the soup pot and was replaced. That took an awful lot of Zeb's time so Zeb got a set of tiny bells and attached them to his roosters. Each bell had a different tone so that Zeb could tell, from a distance, which rooster was performing.



Now he could sit on the porch and fill out an efficiency report simply by listening to the bells.

Zeb's favourite rooster was old Brewster. A very fine specimen he was too, but on this particular morning, Zeb noticed that Brewster's bell had not rung at all!! Zeb went to investigate.

The other roosters were chasing pullets, bells a-ringing! The pullets, hearing the roosters coming, would run for cover. BUT, to Zeb's amazement, Brewster had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job and walk on to the next one.

Zeb was so proud of Brewster that he entered him in the county fair. Brewster was an overnight sensation.

The judges not only awarded him the No Bell Piece Prize but also the Pulletsurprise.



Fred Tadley