



Carers 4 Carers

Finding support through supporting each other
March/April 2020

It seems odd writing this newsletter without including information about our upcoming meetings. We had a lovely programme planned for you during the spring and summer months which we will be re-scheduling as soon as we are able.

I am sure that most of you will be self-isolating, probably for the recommended full 12 weeks. We all hope that you are managing to keep as well as expected. For some of you, being unable to get out has already been a long term situation but, hopefully up to now that has not meant that you have not had social contact with visitors, care and health workers.

It is well recognised that social isolation can cause many forms of mental and physical health issues and this situation is now being amplified by the current crisis. Over the coming months, we will do our best to help where we can. There are several ways in which you can help yourselves, although I understand that for some of you, your caring situation may limit your response to these ideas:

Isolation can be a cause of low mood. Keep moving—exercise can improve your mood. This can be gentle exercise while seated or doing what you can while watching an exercise programme on TV. We'll let you have some links in time.

Stay hydrated and eat healthily whenever you can to boost your immune system.

Take five minutes to sit still and breathe.

A special request— up to now, I have been very happy to take your phone calls on my personal number, for those who have it. Over the next few months, please use 07947 893 504 as we may be sharing our dedicated phone between our volunteers. You may need to leave a message.

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 OLB between 10.30 and 12 noon. We always start with time for coffee and chat and then, if a speaker or workshop is scheduled, this will usually begin at about 11 o'clock. Come when you can and stay for as long as you are able.

CORONAVIRUS

It is with regret that, in line with Government guidelines with regard to the outbreak of Coronavirus, we have had to **CANCEL** our monthly meetings until further notice.

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

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CORONAVIRUS ADVICE

With the fast moving development of this emergency, advice and information changes daily. It would therefore be irresponsible of me to include any here. Unfortunately, in addition to the official information, there is also quite a bit of fake news about, causing confusion, so it's important to know where to look.

If you have not already registered to use Care Companion, please consider doing so. All the information on it is from reliable sources and it is free to use. It's possible to take a look around the site before registering but it's important to remember that this only gives you limited access to the resources because it's set up with a person with dementia in mind. There is information for all sorts of conditions and when you register and tell the site what conditions the person you care for has, you will very quickly have access to the relevant resources. Registering also means that any personal data that you put into the sight is kept very safe with stringent security systems in place.



If you have not yet registered and would like some handholding help, please ring the Carers4Carers number 07947 893504.

Other reliable places to look are:

The NHS website— www.nhs.uk/conditions/coronavirus-covid-19

The Government website— <https://www.gov.uk/coronavirus>

World Health Organisation - www.who.int/emergencies/diseases/novel-coronavirus-2019

BBC— www.bbc.co.uk/news/coronavirus

What do I do if I don't have internet access?

Do you have a family member or friend who can look up the information for you?

Make sure you watch information programmes on the TV or listen to them on the radio.

KEEPING IN TOUCH

An online forum is a place where you can meet other carers and exchange experiences. It would be good if we could organise a Carers4Carers forum but in the meantime, you might like to take a look at the CarersUK forum at www.carersuk.org/forum and the Carers Trust forum at carers.org/article/chat-carers-online.



This Coping Strategies plan has been adapted for carers from a Coping Calendar compiled by Action for Happiness.

Print out and stick on the fridge door or kitchen noticeboard.

COPING STRATEGIES: KEEP CALM, STAY WISE, BE KIND

16 actions to look after ourselves and each other as we face this global crisis together

Although you are stuck at home, move & stretch. Join an exercise programme on TV or YouTube

Put your worries into perspective and try to let them go.

Write down ten things you feel grateful for in life and why.

Chat to a neighbour, friend or family member on the phone or over the garden fence (keep 2m apart)

Make time for self-care. Do something kind for yourself.

Notice five things that are beautiful in the world around you.

Find positive stories in the news and share these with others

Connect with nature. Breathe and notice life continuing.

Make a plan to help you keep calm and stay in contact.

Get good sleep. Establish a good routine with a calming activity an hour before bed

Establish a daily routine to include time for relaxation as well as chores and caring

Drink plenty and eat healthy food that is easy to prepare

Rediscover your favourite music that really lifts your spirits

Enjoy washing your hands. Remember everything they do for you!

Thank three people you're grateful to and tell them why.

Remember that all feelings and situations will pass in time

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances." Viktor Frankl