

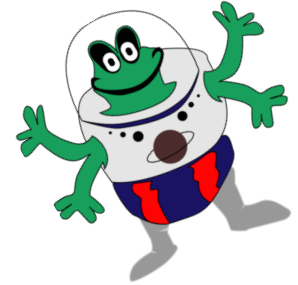


# Carers 4 Carers

Finding support through supporting each other

September 2021

In our seemingly topsy-turvy world, we have just said good-bye to summer and welcomed autumn. However, after a distinctly lack-lustre August, we are now welcoming a mini-heatwave. Aliens landing from outer space could, I think, be forgiven for being confused!



This month I am sending out this newsletter earlier than usual so that you can receive details of our first face-to-face meeting in good time. As a result, it is shorter than in recent months. Please read all the details carefully. We know many of you are likely to feel anxious about returning and we want you to feel safe and comfortable.

A note about our phone number. This mobile number is arranged for us and paid for by Omega, the charity to which we belong. It is not a personal number of any member of the volunteer team. One of the advantages is that if one of us is away, we can pass the phone to another member of the team, so there is always someone available. However, we do not usually carry this phone around with us (except on meeting days) and so it is usually necessary to leave a message when you ring. The phone will blink at us when there is a message so we are easily alerted. One of us will ring you back as soon as we can, although not usually over the weekend, unless it is an emergency.

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## OUR MONTHLY MEETINGS

**Friday 24th September:** this will be our first meeting after all the lockdowns. There will be precautionary procedures in place, many of them detailed overleaf. As it is so long since we have seen so many of you, this will be a social occasion. The Companionship Group will also be resuming and Anita, our lovely therapist from Tranquil Beauty, will be with us to offer carers some TLC. Please note that **it is essential that you pre-book a place in order to attend this meeting.**

**Places for the Companionship Group should be booked at the same time.**

**Friday 22nd October:** we are hoping that we will have a session to offer advice on all things digital. AbilityNet is an organisation that offers free IT support to older people, disabled people and those that care for them. We have had to delay arranging this because of the current changeable situation and so we are still waiting for confirmation that this can go ahead.

## ARRANGEMENTS FOR OUR RETURN TO MEETINGS

### Hands – Face – Space – Fresh Air

**Hands**—sanitiser will be available at the door and on each table

**Face**— we will request you wear a mask while moving around. If anyone on your table prefers to keep their mask on, please respect this and ask if they would like you to wear yours. Masks are more effective when worn by both or all parties. If you are exempt from wearing a mask, please let us know privately in advance. We have a number of face visors which you can borrow.

**Space**— tables will be spaced out to enable social distancing. Please remain at your table for the duration of the meeting except for comfort breaks. To avoid a bottle neck in the entrance hall, we will ask you to arrive within a given time slot. We will take your temperature, ask you to use the hand sanitiser and then direct you to a table. Our apologies if you are not sitting with friends; however, we are all friends here and it may be an opportunity to get to know someone you've not previously spoken to.

Refreshments will be served at your table by a volunteer.

We are placing a cap on numbers with priority given to those actively caring, those whose loved one is in residential care and those bereaved within the last three years. If our cap has been reached, any member arriving not having pre-booked a place will regretfully and politely be asked to leave. We plan to keep this cap in place for September and October and will review before our November meeting. This will take into account the general levels of infection within the community and any new Government guidelines.

Weather permitting, able-bodied members may be asked to leave at the end of the meeting via the garden to reduce congestion in door and hallways.

**Fresh Air**— we will keep a flow of air throughout the two halls by leaving doors and windows open. Please dress accordingly.

#### **Before the meeting**

We will send out details of any last minute arrangements a few days before the meeting.

Those attending are encouraged to take a lateral flow test within 48 hours before the date of the meeting for the peace of mind of everyone present. We will provide a short list of health related questions for you to answer to help you decide whether or not you should attend.

We hope you will feel safe and be able to enjoy meeting everyone once again. It will be lovely to see you after all this time as well as welcome a few new members who have joined throughout the year.

### POSITIVITY CORNER

