

Caring Matters

July 2020- The newsletter of Carers Northumberland



Welcome to the July edition of Caring Matters...

First of all we would like to thank everyone for taking part in what was certainly a very different Carers Week this year, and a one we will not forget. In this time of social isolation we are glad to say lots of people are getting to grips with communicating via social media applications like Facetime or Zoom which is helping carers to stay in touch with friends and family . Our Zoom Carers Groups are gaining a following now and if you haven't tried Zoom yet we have information in this newsletter to help you.

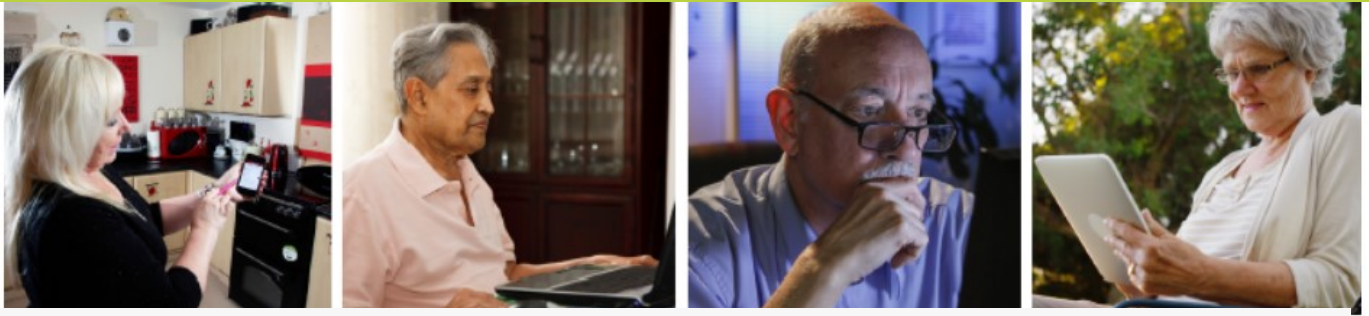
Included in this edition

- Carers UK digital resources
- Have your say with Healthwatch Northumberland
- Updated Covid-19 information
- How to feel less stressed
- Our winning Photographs
- OU Scholarships for carers
- And more....

Our photography competition for carers week was a great success and we have two pages of entries to share with you along with the winners photographs from each category .

As you can see from the list on the left, there are plenty things for you to get involved with this month and we look forward to hearing from you .





Carers Digital Resource

We are now able to give carers in Northumberland access to a wide range of digital tools and essential resources that may help make their caring situation easier.

The Digital Resource for Carers includes e-Learning modules, factsheets, interactive guides, personalised support, and information to help support you in your caring role.

To create an account and get free access to all the products and support resources click on the link carersdigital.org and create a new account by using your free access code **DGTL1670**

What's included?

The Digital Resource for Carers includes e-Learning modules, factsheets, interactive guides, personalised support, and information from us covering the following areas:

Health and wellbeing: including resources around nutrition and breaks

Support for Caring: including our 5 'About Me' e-Learning courses on building emotional resilience and finding support, and our Upfront guide to caring which gives tailored advice to carers depending on their situation

Technology and Caring: includes guides on how to use technology in care

Financial Planning: includes a resource made with the Money Advice Service called 'Thinking Ahead'; a questionnaire style tool to help people think about the costs of caring

Working and Caring: includes guides to rights at work and seeking support at work

Access to all to our care co-ordination App, Jointly

Young Adult Carers; an e-Learning resource for young adult carers now in adult services including, for example, advice and information for making choices about caring, and support in and about education and work

CORONAVIRUS UPDATE



Plans to ease guidance for over 2 million shielding

Advisory guidance to be eased for 2.2 million clinically extremely vulnerable people across England, as virus infection rates continue to fall. From Monday 6 July, those shielding from coronavirus can gather in groups of up to 6 people outdoors and form a 'support bubble' with another household. Government shielding support package will remain in place until the end of July when people will no longer be advised to shield.

This comes as the latest scientific evidence shows the chances of encountering the virus in the community continue to decline, but the government is committed to continuing with the unprecedented package of support until the end of July to give those shielding time to adjust to these changes.

From Saturday 1 August, the guidance will then be relaxed so clinically extremely vulnerable people will no longer be advised to shield, but support will remain available from NHS volunteers and local councils. People will retain their priority for supermarket delivery slots, and still be able to access help with shopping, medication, phone calls and transport to medical appointments. More information available on Gov.uk link below.

<https://www.gov.uk/government/news/plans-to-ease-guidance-for-over-2-million-shielding>

Useful phone numbers

- **Northumbria Healthcare Patient Helpline:** 0191 293 4306
- **Maternity Helpline:** 07823 907484
- **Onecall:** 01670 536400
- **Northumberland Communities Together:** 01670 620015
- **Citizens Advice Northumberland:** 03444 111 444
- **Northumbria Police:** Call 101 to report a non-emergency incident. Call 999 in an emergency.
- **Northumberland Early Help:** 01670 620 461
- **AgeUK Northumberland:** 01670 784 800.
- **West Northumberland Foodbank:** 01434 700 068
- **Northumberland Domestic Abuse Services (NDAS):** 01434 608 030
- **Talking Matters Northumberland:** 0300 3030 700
- **Carers Northumberland:** 01670 320 025
- **Northumberland Recovery Partnership:** 01670 798 200



Caring Matters - July 2020



Many people are finding huge benefits from using technology to bridge the gap between themselves and the outside world during the current Coronavirus situation. This technology can bring you closer to your loved ones and friends, help you connect with groups of people with similar interests or even learn new skills in a virtual classroom. For those of you who have not tried it yet here is a simple guide to using Zoom.



How do I join a call in Zoom?

If somebody has invited you to a zoom meeting, you can join the meeting in any of the following ways:

From an email link (this is the easiest method)

- 1 You will have received an [email invitation](#) from the meeting host
- 2 Click on the [link](#) in the email
- 3 You will be taken straight into the meeting

From the Zoom App

- 1 Open the zoom app and [sign in](#).
- 2 In the menu select "[sign in with SSO](#)"
- 3 Enter your [username](#) and [password](#) if prompted
- 4 Click [join](#)



Online Forums

Healthwatch Northumberland is here for you at this time and wants to hear about the NHS, health and social care services you, or someone you care for, have used during the pandemic. Whether you've accessed emergency services, mental health services, had a video appointment with your doctor, had treatment delayed or still had a great experience with services, we'd like to hear from you.

You can use our '[tell us your story](#)' feedback page:

healthwatchnorthumberland.co.uk/tell-us-your-coronavirus-story/,

email: info@healthwatchnorthumberland.co.uk, call 03332 408468 or message us on Facebook or Twitter.

As we can't get out and about to communities across the county at the moment, we're holding a series of **online forums** on issues such as mental health, special educational needs and disabilities and dementia.

On Wednesday 15 July you're invited to come along and share your views and experiences with us at our forum: Unpaid Carers and Mental Health Services. This will take place between 2pm and 3pm, via Zoom, but if you can't take part or would rather speak to us individually, the team will be available after the forum from 3pm -4pm to hear about your experiences. If you'd like to take part in the forum or would like more information, please contact Laura Kane: aurak@healthwatchnorthumberland.co.uk. We'd love you to get involved.

Keep an eye on our website for more details of upcoming forums, plus a guide on how to use Zoom (we can help you set this up via the telephone so please get in touch if you need help): healthwatchnorthumberland.co.uk/join-our-online-forums/

Caring Matters - July 2020

TV LICENCE

The BBC has decided that, because of coronavirus and the challenges to the UK, **changes to over 75 licences won't now happen until 1 August**. Your current free licence will remain valid until then.

Free TV Licences, funded by the Government, for all over 75s will come to an end in July 2020. From 1 August 2020, there will be a new scheme. Under the new scheme, anyone aged 75 or over receiving Pension Credit will be eligible to apply for a free TV Licence, paid for by the BBC. Pension Credit can be in the name of the licence holder, or in their partner's name if they are a couple living at the same address.

If Pension Credit is not received – either in the licence holder's name or their partner's name if they are a couple – the TV Licence will need to be paid for.

[Find out more](#)



The Silver Line

helpline for older people

0800 4 70 80 90

In addition to our national helpline we also offer:

- Telephone friendship – a weekly 30 minute call between an older person and a Silver Line Friend volunteer.
- Silver Circles – a call between a group of older people on a shared interest or topic, taking place each week for 60 minutes.
- Silver Line Connects – help with informing and connecting an older person with national and local services.
- To find out more, please visit our website www.thesilverline.org.uk
- or call our helpline on: 0800 470 80 90

OU Scholarships for Carers



Carers' Scholarships Fund

Being an unpaid carer for a friend or family member can place huge demands on the lives of carers.

If you are, or have recently been, an unpaid carer, the Carers' Scholarships Fund could allow you to study an OU qualification for free.

50 scholarships available in the 2020/2021 academic year, with 15 reserved for young carers between 18–25.

It covers OU undergraduate credit-bearing modules and qualifications, paying for the full tuition cost of your qualification, up to 120 credits each seasonal academic year and 360 credits in total.

<http://www.open.ac.uk/.../fees-and-fu.../carers-scholarship-fund>

Do you support someone living with Dementia?



This booklet is packed with information and resources to support you in your caring role.

This resource pack has been created specially to support carers during the current COVID 19 pandemic.

If you would like further information about this booklet or would like to request a copy, please call us on 01670 320025 or email info@carersnorthumberland.org.uk



Caring for someone with dementia at home
A resource pack for carers



Carers Photo Competition

On the run up to Carers week we asked all of you budding David Baileys to send in your favourite photographs of your pets and your gardens, yards or window-boxes.

Thank you to all of those who entered the competition. We asked our CEO Debra Blakey to judge the entries and after much deliberation we give you our top pictures in each category.

“And the winners are”

Pet Photography winner David and Gorgeous Garden winner John.

Pet Photography



Winner

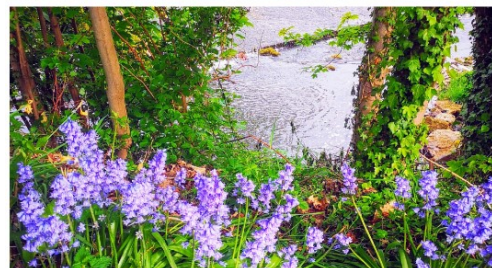
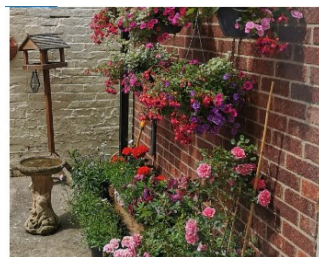
Gorgeous Gardens Summer 2020

Gorgeous Gardens

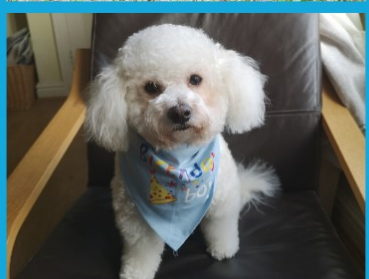
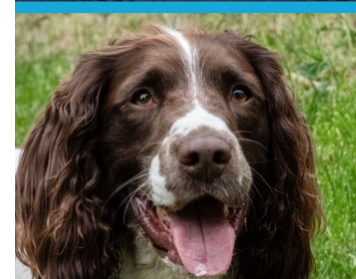
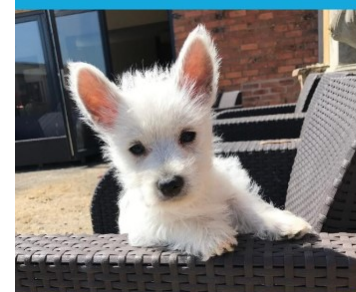
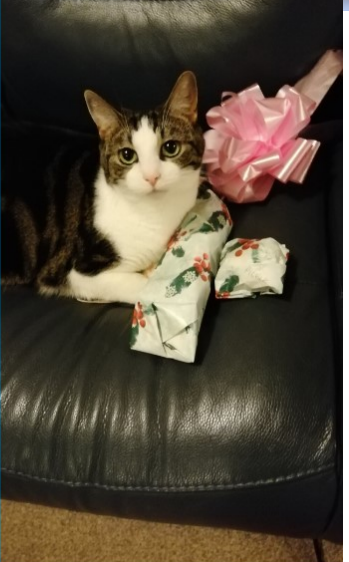
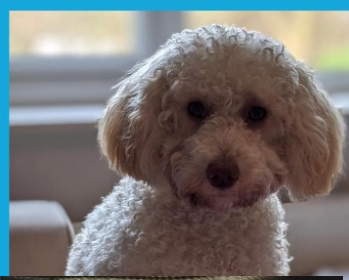


Winner

Honourable
mention goes
to these
brilliant garden
photographs.



Well done to all the wonderful
entries in our pets section.



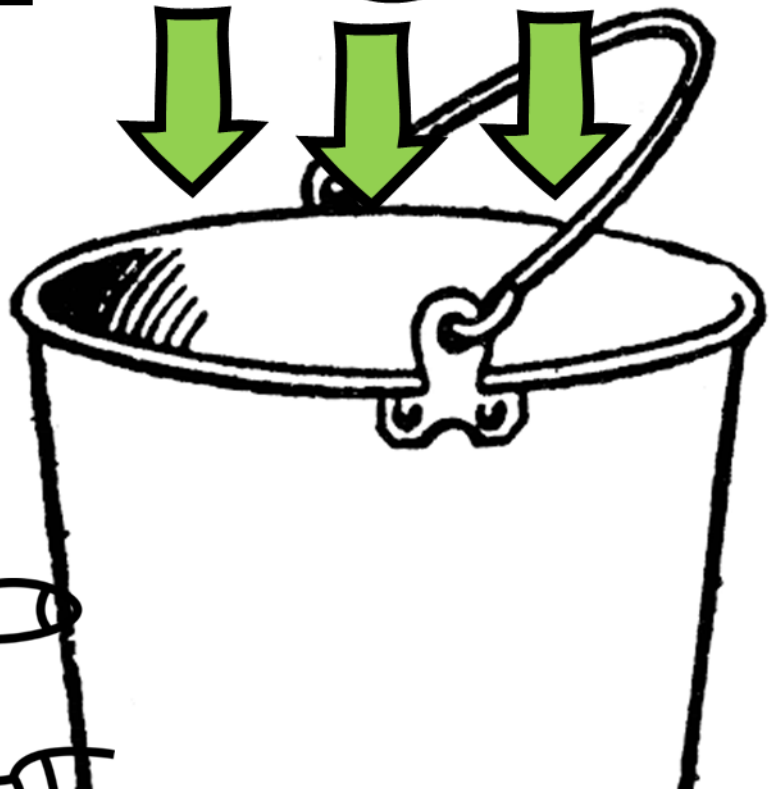
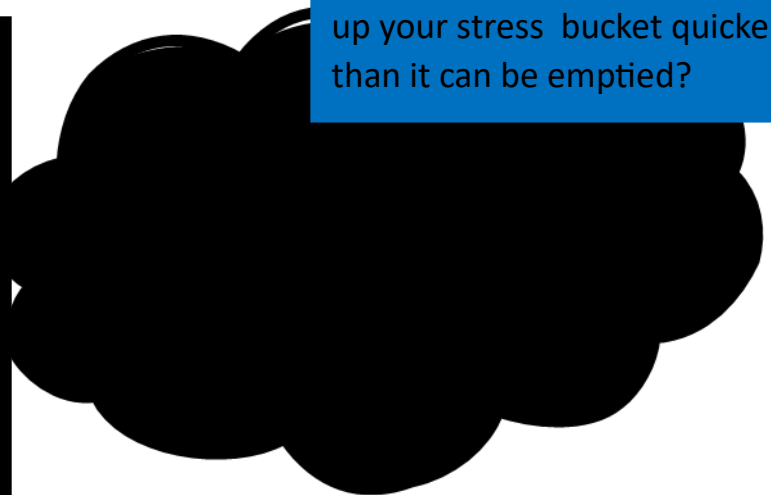
The Stress Bucket

The stress bucket is a great visual tool to help manage stress. Put the things that stress you out into the cloud above the bucket – the more stress, the quicker your bucket will fill.

Use the tap to release stress, put the things that you use to help manage your stress underneath the bucket to show your stress leaking away!

Are your black clouds filling up your stress bucket quicker than it can be emptied?

How can you open the tap to release some of the pressure? Nobody wants their bucket to be overflowing!



Join Kate in our Less Stress Workshop on Wednesday July 15th between 10.30 -11.30am or Wednesday 5th August 2– 3pm. The workshop will take place using Zoom video calling. You will need internet access, a tablet or a computer with a webcam & a paper & pencil to take part. Contact our info service to book your place!



Groups, activities and events

Registered carers are welcome to attend **any** activity in **any** area. If you haven't been to a group before why not come along to one and see for yourself how welcoming and supportive they are? For more information or to book please call our Information Line on **01670 320025** or email info@carersnorthumberland.org.uk

Our support groups are for carers only, they are designed as a safe space to talk freely and support each other in your caring roles.

Join our virtual carers group on Facebook: www.facebook.com/groups/CarersNorthumberland

DATE	Groups / Activity	Time
7th,14th , 21st, 28th	Open Carers Group — Every Tuesday we will be holding a video call carers group using Zoom. All welcome	2pm—3pm
15th	Less Stress Carer Workshop —held via Zoom	10.30am— 11.30am
15th	Morpeth Bedlington and Blyth group —held via Zoom	2.00pm- 3.00pm
27th	Amble and Alnwick Carers Group —Held via Zoom	1.30pm— 2.30pm
29th	Berwick carers group —held via Zoom	11.00am- 12.30pm
30th	Cramlington Carers Group —held via Zoom	1.00pm- 2.30pm
2nd 9th 16th 23rd 30th	Telephone conference calls group —Every Thursday	11.am

Please note activities and talks may be subject to change without notice.

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We are still here to support you

Carers Northumberland's services are still running. We are working from home and staying safe.

Information Service: Our Carer Information and Advice workers are available to answer your questions, provide information on local services, financial matters and carer rights.

Telephone support: Even if you don't have a specific enquiry, but would like to chat, then please feel free to contact us. We are always happy to talk to carers about what is going on for them and how they are feeling.

Carers Emergency Card: Emergency card applications are still being processed, you can apply online here: www.carersnorthumberland.org.uk/carers-emergency-card-application-form/ or call us on 01670 320025 to request a postal application.

Carer Support Fund: Applications for carer support fund are still being accepted. Even though it may be more difficult than ever to take a physical break from your caring role, the fund can be used to buy items to help you relax and take time for yourself.

For more updates... follow us on Facebook and Twitter. We post regular updates and share information useful to carers.

Just search 'Carers Northumberland' on

www.facebook.com or www.twitter.com

Join our Facebook group here:

www.facebook.com/groups/CarersNorthumberland

**If you do not wish to receive this newsletter
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Charity number 1122972. Company number 6266972