

CARERS CONNECT

The Newsletter for Carers in Wandsworth

Issue 28 Apr-May 2020



Wandsworth Carers' Centre



South West London

Dear All,

This obviously isn't the newsletter we had planned, which was chock-a-block full of plans for Carers Week (8th to 14th June). These plans are all now on hold, but if you have access to the internet keep an eye on our website www.carerswandsworth.org.uk where we will keep you updated on what is happening with us.

Below you can see how we are continuing to support you and please still ring or email us if you need support and we will be keeping in contact with you over the phone. Lines are open from 9.30am to 5.30pm on Monday to Friday as usual.

If you usually attend a support group, including the Dementia Cafés, we will give you a call at the time that you would usually attend the group.

Take care and stay well,

Eglionna & all at the Carers' Centre

+++ Coronavirus Update +++

Following government recommendations, we have now cancelled all face to face activities, groups, workshops, booked appointments and drop-ins until the end of May 2020, when we will review the situation.

We are still open and will continue to deliver support over the phone and email wherever possible. We appreciate this might be an anxious time for Carers and the people you care for, and want to reassure you that despite these changes, Wandsworth Carers' Centre is still here to support you.

As we are now working remotely, please be advised that for this period when we call you it will appear as a private number:

Tel: 020 8877 1200 • Email: support@wandsworthcarers.org.uk

WANDSWORTH CARERS' CENTRE

Wandsworth Office: 181 Wandsworth High Street, London SW18 4JE Tel 020 8877 1200 Fax 020 8877 3936

Balham Office: 46 Balham High Road, London SW12 9AQ Tel 020 8675 0811 Fax 020 8675 8452

Calls welcome via text relay **Email** info@wandsworthcarers.org.uk **Website** www.carerswandsworth.org.uk

Wandsworth Carers' Centre is a company limited by guarantee with charitable status. Registered Charity Number 1053121. Company Number 3152094.

General Health and Wellbeing Sessions

At this difficult time it is important for Carers to look after themselves. As you can't come into the Centre we have teamed up with **Don't Tone Alone** so that you can get support for your health and wellbeing **via the internet or phone**. We are offering 8 general **Health and Wellbeing Sessions** starting on Wednesday 8th April from 2 to 3pm. The sessions are standalone so you don't need to commit to all 8.

What will be covered:

- Gentle introduction to staying healthy at home
- Nutrition
- Physical activity & exercise
- Stress management

Please call or email us if you would like to join. Once you have booked we will contact you to give you the instructions on how to join the sessions.

Staying in the UK after Brexit Apply to the EU Settlement Scheme by 31 December 2020

This applies if you are:

- An **Irish citizen** who has family who are not British or Irish Citizens who live with you, then your family need to apply to the EU Settlement Scheme or for Irish citizenship.
- A **British citizen** with family who are not British or Irish Citizens, then your family should apply for the EU Settlement Scheme.
- A citizen of a country in the **EU, European Economic Area or Switzerland**
- A citizen of a country **outside** the EU, European Economic Area or Switzerland

For more information:

- **EU Settlement Resolution Centre: 0300 123 7379**
- **Citizens Advice Wandsworth: 0300 330 1169**
- www.citizensadvice.org.uk/immigration/staying-in-the-uk-after-brexit/staying-in-the-uk-after-brexit/

Relaxation – Workshop in April 2020

When: Thursdays 2nd, 9th, 16th and 23rd April from 11am to 12pm

Where: Online Sessions, please read below for more information

For your safety at this time, April's workshop will take place online with Rachel (qualified Hypnotherapist). You can take part from home on your computer, tablet or phone. Details of how to join the workshops will be emailed to you. All you will need to do is download the **FREE Zoom app** to your computer, tablet or phone when prompted.

Relaxing can sound like an indulgence when you have a lot on your plate but it is key to your physical and mental health. Relaxation is the opposite of stress and a natural antidote to it. When we relax regularly we increase our ability to cope with stress and worry. By taking some time out to de-stress you're not only helping yourself but the person you care for too because you'll be a better you to share with them.

In these one hour sessions you will be guided through various visualisations and techniques to calm and de-stress you. You will also be given a five minute take home technique you can easily fit into your busy day.

Please call us on **020 8877 1200** or email info@wandsworthcarers.org.uk to book your place as places are limited. Please note, that you will be required to attend all 3 sessions.



Protecting your Mental Health during the Coronavirus pandemic

The World Health Organisation have developed advice on protecting your mental health during the Coronavirus outbreak. Here are some tips on protecting your mental health during this period:



Limit the news and be careful what you read

Limit the amount of time you spend reading/watching information if it isn't making you feel better, and get your information from reputable sources such as NHS websites.



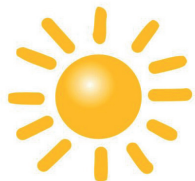
Have breaks from social media

Take time out from using social media, or mute posts that you are finding unhelpful.



Stay connected with people

During this time, ensuring you have the right phone numbers and email addresses of the people you care about will reduce feelings of isolation.



Avoid burnout

There is uncertainty as to when the coronavirus will end. With that in mind, it is important to have down time. **Mind** recommends continuing to access nature and sunlight wherever possible.

Do exercise, eat well and stay hydrated.

Here are some useful mental health resources:

Welcome to Talk Wandsworth Talking Therapies

We provide free confidential help for problems such as stress, worry and low mood. We offer talking therapies for people over the age of 18. You can refer yourself or you can be referred by a healthcare professional such as your GP. **Tel: 0203 513 6264.**



The **Samaritans** is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the UK and Ireland.

Calls from both landlines and mobiles, including pay-as-you-go mobiles are free. You do not need to have any credit or call allowance on your plan to call **116 123.**



Our services include supported housing, skills and guidance for those looking to re-enter work, therapeutic activities, life-skill workshops and more. We also offer a healthy meals service, prepared on premise by our dedicated cook, for a low price. **Tel: 020 7259 8128.**



Brent, Wandsworth and Westminster



South West London and St George's Mental Health Support Line, offering emotional support and advice to patients and their Carers who are affected by mental health issues on **0800 028 8000.**

Support Services for our Community

1. Wandsworth Age UK

Providing support to 60s and over.

Tel: 020 8877 8940. Community support being provided in the form of:

- Deliveries to community members who are most vulnerable.
- Telephone befriending service.
- Advice and information: Mon-Thurs from 10am to 3pm, **Tel: 020 8877 8940, email advice@ageukwandsworth.org.uk**
- Telephone Shopping – **Tel: 020 8877 8958, www.ageuk.org.uk/wandsworth/our-services/shopping-service/**

Email Catherine at Age UK:

catherine.waters@ageukwandsworth.org.uk

2. Citizens Advice Wandsworth

Telephone only service currently.

Advice Line: 0300 330 1169, open Mon-Fri from 10am to 4pm. Advice on Corona Virus impacts at: **www.cawandsworth.org/get-advice/coronavirus/**

3. Public Health England

Public Health England are providing constant updates of the current situation and are offering links to the NHS website to offer updates on their services as well. **www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response**

4. GoodGym

Goodgym are providing a telephone befriending service. They are also working towards providing volunteers to do food delivery services. For more information please call us on **020 8877 1200** and ask to speak to Hannah about this service.

5. Carers UK

Advice and updates on support for Carers across the UK available at:

www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19

If you cannot access the internet, please call us on **020 8877 1200** Mon-Fri from 9.30am to 5.30pm, for more information from Carers UK.

6. Wandsworth Foodbank

All 5 Wandsworth Foodbank Centres are still open but with some adjustments to their services. Information on the changes can be found at: **www.wandsworth.foodbank.org.uk/2020/03/17/coronavirus-changes-to-how-were-operating-17-march-2020/** If you cannot access the internet, please call us on **020 8877 1200** Mon-Fri from 9.30am to 5.30pm, for further information on Wandsworth Foodbank Centres or to apply for a voucher.

7. Regenerate Rise

Centre is shut but services still being delivered. Offering support to people aged 60 and over who are isolated. **Tel: 020 8780 9330**, Mon, Tues, Wed and Fri from 9.30am to 5pm.

www.regenerate-rise.co.uk/index.php

- Weekly supply boxes.
- Telephone support.
- Shopping collection service.
- Cold lunches delivered to the door.
- Activities for older people to do at home.

8. Wandsworth Social Services – Access Team

Tel: 020 8871 7707

Text: 07940 775 107

Email: accessteam@wandsworth.gov.uk
Mon-Fri from 9am to 5pm.

9. Supermarkets

Supermarkets are working on having specific hours in the day where their shops are just open to those most at risk in the community. These hours are being updated regularly. For information on your local supermarkets hours for the higher risk population please call us on **020 8877 1200** Mon-Fri from 9.30am to 5.30pm.

Wandsworth Carers' Centre