

Carers Week

This Carers Week, we are recognising that now, more than ever before, it's time for us to come together and help Make Caring Visible. So, this year we are asking you to help raise awareness, by creating something to display in your windows to make carers visible to all and support our local heroes... YOU!



You have creative reign over how you do this – you could create some carers week bunting, repurpose a pillowcase into a carers week flag, or cut out and colour the logo on the back of this newsletter in all of the colours of the rainbow.

Whatever you choose to do, we'd love to see – share your photos on Facebook with CRISP Carers or send your photos to us at carersupport@bcpcouncil.gov.uk

Staying in touch

It is important to us that you know who to contact for support as when you need it. Here are some contact details you may find helpful:

CRISP – Carers Support Service

Whilst the team are working from home, we are still contactable by telephone and email. The phone will go to answerphone, but we will pick these up regularly and get back to you as soon as possible. If you can email us, you may find that we can respond more quickly. Please do get in touch with us if you are having any problems – we are here to help!

 01202 458204  carersupport@bcpcouncil.gov.uk

The Leonardo Trust Carers Coronavirus COVID-19 Helpline

This helpline is available to all unpaid carers in Dorset who need help during the pandemic. It is available Monday - Friday, 10am – 2pm.

 01202 698325  07742 868002

PramaLIFE Friendship Line

If you are feeling lonely, or just a little out of sorts, you can contact the PramaLIFE Friendship Line. It is available 7 days a week, 8am – 9pm.

 01202 022987

Dorset Mental Health Forum Peer Support

Peer carer support for Mental Health Carers. Support, information and someone to talk to who understands. It is available Monday – Friday, 10.30am – 4.30pm.

 Monday, Thursday and Friday – 01305 340045

 Tuesday and Wednesday – 01202 372205

Together We Can

This is a dedicated helpline for vulnerable local people, and it can support you by putting you in touch with a local volunteer, council staff and others. They can assist with deliveries of food, and other essentials; give information about foodbanks; loneliness and wellbeing issues.

It is available 7 days a week, 8am – 8pm.

 03001 237052

Carers Social Events

As our usual social activities have had to stop for the time-being, our social events organiser, Eve, has been looking at ways we can keep connected through social activities on-line. We will be holding online events using the video-conferencing software 'Zoom'. **They are free and the person you care for is welcome to join in too.**



How does it work?

- Visit our website www.crispweb.org to find out about our upcoming events.
- Email carersupport@bcpcouncil.gov.uk to say which events you would like to join in with.
- We will email back to confirm if you have a place – first come, first served basis – we may be able to repeat popular events.
- We will email you an invitation and a 'link' that you click onto when the event is due to start. Also a password you will need to type-in to join the meeting.
- You will be prompted to either download 'Zoom' or join using your browser and then taken through a few steps to join the meeting (if you downloaded 'Zoom' before May 30th, you may need to download an update).

If you are new to Zoom (as Eve was!) and have any questions about how Zoom works, do please email beforehand and we will try our best to answer them.

To give you an idea of what to expect, here is a list of events we have run on Zoom previously:

CRISP Bake-Off

Sharing our baking successes (or failures!) with Eve and a group of other carers.

Juggling Workshop

Learning to juggle with the 'Crazy Juggler', Pete Matthews.

Gardeners' Forum

Sharing tips of blossoming blooms or juicy veg, and chatting about what's growing on your windowsills, or in your pots and gardens with Eve and a group of other carers.

Mindfulness Relaxation and Chair Based Movement

A guided session of mindfulness relaxation and movement, from the comfort of a chair.

Pilates

Pilates sessions with Jane Stevenson – help to improve your posture, balance and overall wellbeing.

We would also love to hear your ideas for further on-line social activities. Let us know by emailing us at carersupport@bcpcouncil.gov.uk

Please note:

CRISP is using 'Zoom' video conferencing as a temporary way of continuing to hold social events during the COVID-19 pandemic. There are some data protection considerations surrounding Zoom which means that the security of any information disclosed during a social event cannot be guaranteed. For this reason, please do not talk about any personal issues you or the person you care for may have and do not give out any personal details. By keeping to these guidelines, we will be able to safely carry on holding social events for us all to enjoy. If you do have any personal concerns you need to discuss, please continue to contact the Carer Support Service in the usual way.

If you're feeling a little unsure, here is what one carer had to say after trying Zoom with us:
"The session this afternoon, although a little bit scary, has left us wide awake and enthused, rather than the more tired and sleepy normal afternoon experience! ... Looking forward to more events, with growing confidence!"

Protecting your Wellbeing

At the moment, we might find life is causing us to feel more uncertain, anxious, stressed, worried, sad, bored, lonely or frustrated. But there may be some simple things you can do to help you take care of the mental health and wellbeing of you, and the person you care for.

ONE YOU The NHS Every Mind Matters website has some useful information and advice for looking after your mental health. Find out more by visiting www.nhs.uk/oneyou/

If you require urgent mental health support, please phone the Dorset Healthcare 24/7 Connections Phonenumber. They will signpost you to the right service for the support you need.

 03001 235440

Shopping

We have heard from some carers that they have been able to use their carers card when they are visiting the shops to allow them access to the priority shopping hours. This doesn't work at all supermarkets though.

You may want to think about going to the supermarket when they are quieter instead. This may be different for each store. You could contact your local supermarket to find out when their quietest shopping hours in store are.



There is information available on the BCP Council website about shopping and access to food if you need it. You can find in online at <https://linktr.ee/CRISPCarers>

If you are self-isolating and do not have anyone you can rely on to help you, you can contact the Together We Can helpline.

 03001 237052

They can arrange for a volunteer to go shopping for you.

Keeping connected on Social Media

Social media is a great way to keep in touch with friends and loved ones whilst you need to remain indoors and away from others. We recently sent some carers a short guide to using social media, but you may not have received this. You can find a copy on our website: <https://linktr.ee/CRISPCarers>
If you would like us to send you a hard copy in the post, please contact us:

 01202 458204  carersupport@bcpcouncil.gov.uk

Can you help us go green?

We are trying to cut down our carbon footprint, starting by using less paper. Would you be happy to receive information from us by email? We also send out information between newsletters which may be helpful to you. If so, please email us at carersupport@bcpcouncil.gov.uk with your name and postcode, and we will update our information for you.



Scams



It is important to remain alert and be aware that criminals are using Coronavirus as an opportunity to target people. Watch out for testing kits, overpriced or fake goods, requests for charity donations, fake emails pretending to be from the government. You can find out more online at www.friendsagainstscams.org.uk

BCP Council recognising unpaid carers

We know it can feel a little like you are out there on your own at present, which is why it is important to us that you know how valued you are, and not just by us. We think this quote, taken from a recent media release says what we all think:

“Unpaid carers ... are so important in the community and they do an amazing job every day and even more so during this current crisis. We want to do all we can to ensure they have access to help and support so that they can continue to stay safe and well and continue to look after their relative or friend.” **Councillor Lesley Dedman, Cabinet Member for Adult Social Care and Health.**

Carers Week Logo Colouring



If you'd like to print a larger copy, you can download a copy here: <https://linktr.ee/CRISPCarers>