

Stockton Adult Carers' Support Service Newsletter

July 2020 | Issue 7

Celebrating Stockton-on-Tees' Carers!

Well where do we start? What a time it has been for us all. The Carers' Service has continued to operate throughout lockdown with all our staff working remotely to keep in touch with you. It's been fantastic to hear from so many of you during the past few months and to hear about your resilience, imagination and fortitude. We never get tired of hearing your stories of good news and hope so please get in touch to tell us your news or whenever you need support. Obviously, our service is needing to operate in very different ways now, but we would also love to hear your opinions on how we can best support you and what if any additional services we could offer during this time.

It would be great to be able to showcase some of your stories, ideas and creations. Let us know what you have been up to during lockdown. Please send us your experiences, pictures or tips so we can celebrate both the rewarding experience of being a carer and the hard work and dedication this takes. You can send anything to us via email carerssupport@stockton.gov.uk We would love to celebrate you!

Most importantly stay safe and well and we look forward to seeing you in person again soon.



COVID Community Support Team

An army of volunteers, businesses and community groups has assembled across Stockton-on-Tees to make sure help reaches those who need it most during the Coronavirus (COVID-19) pandemic.

Catalyst, Stockton-on-Tees Borough Council and the Borough's Voluntary, Community and Social Enterprise sector have formed the COVID Community Support Team.

If you are at staying at home because you are vulnerable, self-isolating or have been asked to shield yourself by isolating for 12 weeks then the team can help with:

- Shopping
- Providing essential food supplies
- Collecting and delivering prescriptions
- Walking or taking care of pets
- Listening on the phone and giving emotional support
- Putting you in touch with places that can provide advice and guidance
- Other practical help – let the team know what you need, and they'll try to help.

The Team is determined to make it easy for you to get the help you need.

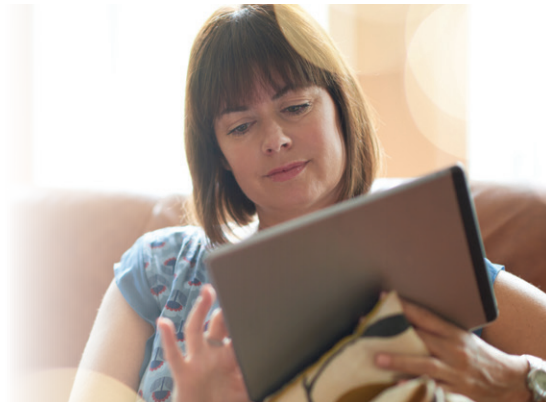
You can get in touch for yourself or if you know of someone who you think needs help ask them if you can contact the team on their behalf.

Call: 01642 524500

Opening times: 9am-5pm, Monday-Friday and 10am-12.30pm, Saturday



Virtual Peer Support Groups



Weekly Virtual Meetings Available

Unfortunately to comply with Government guidelines over the last few months we have had to suspend all our face-to-face peer support groups. However, if you are missing these weekly or monthly get togethers we would be happy to facilitate some online sessions.

If you would be interested in attending an online meeting please get in touch on 01642 524494 or email carerssupport@stockton.gov.uk to register your details. If we get enough interest, we will arrange a suitable date and time for everyone to attend. It would be great to see you all virtually!

Mindfulness

During what can be a very difficult time, Mind has created some online resources to help everyone using proactive stress reducing mindfulness.

www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/



Carers UK welcomes changes to Carer's Allowance in response to Coronavirus

To help unpaid carers during the Coronavirus outbreak, the Government has introduced a new aspect to the eligibility criteria for claiming Carer's Allowance, the main benefit for people caring 35 hours or more per week.

The new regulations, which came into force today (on Monday 30th March 2020), allow unpaid carers in England and Wales to continue to claim Carer's Allowance if they have a temporary break in caring, because they or the person they care for gets coronavirus or if they have to isolate because of it.

The Government has also confirmed that providing emotional support counts towards the Carer's Allowance threshold of 35 hours of care a week – an issue which has been concerning many carers.

The measures will be reviewed in six months' time.

Millions of people are
#CaringBehindClosedDoors
and need more support

 **carersUK**
making life better for carers

Mental Health Support

General support (Adults) during the Coronavirus outbreak

- Cruse Bereavement Care

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Helpline number is 0808 808 1677, open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm.

Email helpline@cruse.org.uk

Support if you're struggling

- Samaritans – if you're worried about your mental health during the coronavirus outbreak

www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/

24 hour helpline 116123

- Mind - Struggling with suicidal thoughts and feelings

www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/

- Stockton Crisis Team, - provision of specialist assessment for those who need urgent mental health care.

www.teww.nhs.uk/services/crisis-and-intensive-home-treatment-team/

Telephone 01642 524714

- Papyrus - working towards the prevention of young suicide. Support for the under 35's and those supporting them.

www.papyrus-uk.org/

Help for those needing additional telephone support in relation to mental wellbeing and/or loneliness:

Middlesbrough and Stockton Mind are providing:

- Information and advice over the phone on mental health and wellbeing for anyone in Stockton

- Emotional support over the phone, including help with worry, anxiety, loneliness and isolation for anyone in Stockton.

Tel 01642 257020

info@middlesbroughandstocktonmind.org.uk www.middlesbroughandstocktonmind.org.uk/

IMPACT on Teesside are providing:

- support to individuals who are experiencing depression, stress, anxiety, and a wide range of other common psychological and emotional issues.

- recovery support for people who have experienced mental ill-health in the past.

- talking therapies over the telephone on a self-referral basis.

Tel. 01642 573924

Online support for those that feel that they are coping well during the crisis but would like some points of reference to maintain or protect their mental health

- Mind – coronavirus and your wellbeing

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

- Public Health England – Every Mind Matters for expert advice and practical tips to help you look after your mental health and wellbeing during the coronavirus outbreak.

www.nhs.uk/oneyou/every-mind-matters/

- Mental Health Foundation - How to look after your mental health during the Coronavirus outbreak

www.mentalhealth.org.uk/coronavirus

- Samaritans – if you're worried about your mental health during the coronavirus outbreak

www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/

- NHS -, support for stress, anxiety and depression

www.nhs.uk/conditions/stress-anxiety-depression/

- PANDAS – free helpline 0808 1961776 providing mental health support for pregnant women and new parents

www.pandasfoundation.org.uk

- Young Minds -, working to support young people to be supported and empowered, whatever the challenges. Advice for children, young people and parents during the Coronavirus outbreak.

www.youngminds.org.uk

Parent Helpline 0808 8025544

Time Out Support Service

The Time Out Support Service has been unable to offer face-to-face sessions during lockdown, but our team of support workers have kept in touch with all their clients via telephone and email to make sure they still have that essential support. We have had some great feedback on this service and would be happy to add other people to our weekly or monthly welfare checks. Please get in touch if you feel you would benefit from chatting to one of our support workers regularly. You can contact us on 01642 524494 or email carerssupport@stockton.gov.uk

We will communicate and changes to the service with you as they occur



Carers' emergency cards



As an informal carer it's always a good idea to make sure you have a plan in place both for yourself and the person you support. However, with the recent Coronavirus situation it is timely to double check these plans and make sure you have thought of everything in the event of an emergency or difficult situation.

Apply for a Carers' Emergency Card -

Do you have a Carers' Emergency Card in place? If not, it may be a good idea to apply for one now. It's not just an emergency card but also the plan you put together to make sure your loved one is looked after if something should happen to you. If you would like to apply for a Carers Emergency Card you can complete the attached form and return it to the Carers' service along with a head shot of yourself. Alternatively, one of our advisors can contact you to complete this over the phone

If you already have a Carers' Emergency Card -

This could also be an opportunity update any out of date information and ensure your contact details are all correct.

Online and paper resources

The Carers' Service has huge amounts of resources available from mental health support to stress relief. From chair-based exercises to all out Zumba. Whatever it is you are interested in or need assistance with please get in touch so that we can signpost you to the online resources or send you out paper copies or activity packs. You can contact us on 01642 524494 or email: carerssupport@stockton.gov.uk

Social Media

Don't forget to follow the Carers Service



Facebook [@StocktonAdultCarersSupportService](https://www.facebook.com/StocktonAdultCarersSupportService)



Twitter [@stocktonadult](https://twitter.com/stocktonadult) for all of the latest information and advice.