



CARERS WAKEFIELD & DISTRICT - NEWS UPDATE

2020 hasn't been the year that anyone expected and for most it has been a pretty unsettling time. Especially for us here at Carers Wakefield as we haven't been able to support our carers in the ways that we normally would. The Coronavirus pandemic meant that we had to cease all face-to-face contact with our carers, and it has seen the majority of our staff giving support to our carers from home. Our wonderful volunteers were also a big help with this, providing telephone support to carers who needed it.

Things are slowly changing and we have resumed some face-to-face contact. We have begun meeting carers in outside spaces, such as their gardens or local parks as well as in cafes, all while adhering to social distancing measures of course. Most of our support groups haven't been running but some have been taking place over the telephone or virtually via video conferencing.

Going forward we are hoping to take more of our support groups and events into the 'virtual world' by holding them via video conferencing. You will see information about this later on in the newsletter. While we completely appreciate that these methods of communication are not suitable for everyone, we are continually reviewing our service and making plans to resume our face-to-face work as soon as we can, but in a safe and secure way that minimises the risk of harm to all involved.

Other than that it is pretty much business as usual; our My Time grant is still available to carers and our staff are here to support you in your caring role however they can. If you need any help, however small, or just need someone to talk to then please do get in touch with your Support Worker or ring our duty desk on (01924) 305544. Someone will be available to take your call Monday to Friday 9am to 5pm, with an answerphone present outside these times.

ANNUAL GENERAL MEETING & CARERS RIGHTS DAY

As last year, our AGM will take place on the same day as Carers Rights Day, Thursday 26th November, but will be happening in a different way so that we can maintain social distancing due to the current climate.

We will be holding our AGM and two presentations for Carers Rights Day via an online service called Zoom. You can access Zoom via a tablet, PC, laptop or phone with internet access or you can simply dial in using your phone if you would like to listen in.

Details of how to access this service will be sent out to those interested in joining us nearer the time.

Timetable for the day is shown below:
Carers Wakefield & District AGM - 11.00am to 12.00noon

CARERS RIGHTS DAY

Dementia Presentation by Jan Archbold: 12.30pm - 1.30pm

Find out about some of the support available in and around Wakefield for those with dementia and their carers

**Advance Care Planning presentation by Debby Veigas,
Wakefield Hospice: 2.00pm - 3.00pm**

Advance care planning offers people the opportunity to plan their future care and support, including medical treatment and legal elements while they have the capacity to do so.

If you would like to take part in one or more of the above events then please register your interest by telephoning (01924) 305544. Please leave your contact details including an email address, so that we can send out instructions on how to join the online sessions.

COVID-19 SUPPORT (CORRECT AT TIME OF GOING TO PRESS)

Whilst things are changing daily, and the guidance around COVID-19 is constantly evolving there may still be times when you may need some extra support, if you are isolating or shielding. During these times there are a number of places where you can access help, support and advice.

Carers Wakefield & District	(01924) 305544 info@carerswakefield.org.uk We are able to signpost and refer you to areas of support within the local community.
Wakefield Council	0345 8 506 506 CommunitySupportVolunteer@wakefield.gov.uk Wakefield Council have a list of all the local covid-19 hubs within the community, who are able to offer help and support.
Food Deliveries	
Morrisons Food Box	https://www.morrisons.com/food-boxes/ Morrisons have next day delivery on a range of different food boxes.
Asda Food Box	https://foodboxes.asda.com/ A range of food boxes delivered to your door.
Deliveroo	https://deliveroo.co.uk/ Deliveries available in some areas from local Morrison's and Co op stores.
Parsley Box	www.parsleybox.com 0800 612 7225 Cupboard stored meals delivered to your door.
Wiltshire Farm Food	www.wiltshirefarmfoods.com 0800 077 3100 Offer a range of frozen meals delivered to your door.
Oakhouse Foods	www.oakhouse.co.uk 0333 250 0729 Offer a range of frozen meals delivered to your door.
Other Areas of Support	
Age UK	(01977) 552114 https://www.ageuk.org.uk/wakefielddistrict/# Delivering services to keep everyone who is older, as comfortable as possible during the Covid-19 outbreak.
Live Well Wakefield	(01924) 255363 https://www.livewellwakefield.nhs.uk/ Support available to access food, medication. Support around fuel poverty, and befriending support to reduce isolation/loneliness.

VOLUNTEERS

We would like to say a big thank you to all our volunteers who have offered support over the past 12 months, your support is invaluable! A special mention also to the volunteers who have continued to offer telephone befriending support to some of our carers at this difficult time.

ONLINE SUPPORT

Would you be interested in attending an online support group where you can interact with other carers and talk to a Support Worker? We are planning on setting up a support group for carers and we would like to know who would be interested in attending this. The group would run online via a communications system called 'Zoom'. You would need access to a pc, laptop, tablet or phone with internet access in order to take part, however, we would do our best to help talk you through the signing in procedures to try to make the process as easy as possible. You can join via video link or without if you prefer to speak and not be seen! Depending on interest the group could run bi-weekly or monthly. If you would like to register your interest then please contact us with your email address. Can you also please let us know what days or times would be most suitable for you. We will then try to hold the support group at the most suitable day/time based on the information gathered. Expressions of interest can be made by contacting us on (01924) 305544.

BEREAVEMENT SUPPORT

Many people will be coping with the loss of a loved one at the moment. This can be a lonely time and isolation, due to the current situation, can make it even harder. Specialised support is available:

- **West Yorkshire & Harrogate Health & Care Partnership - Grief & Loss Support Service**
The above organisation offer free help and support, however you need it. The service is available in several languages.
Contact: 0808 196 3833 (8am-8pm 7 days a week) Website : www.griefandlosswyh.co.uk
- **Prince of Wales Hospice, Pontefract - Bereavement Line**
A specialist team of bereavement counsellors and volunteers who help patients, carers and family members come to terms with death and dying. During the current Covid-19 pandemic they are opening up their bereavement service to help anyone in the community who needs support to cope with the loss of a loved one from Coronavirus.
Contact: 01977 781452 Monday to Friday 9am-5pm, plus answer machine
Email: bereavement@pwh.org.uk
- **Wakefield Hospice - Bereavement Line**
An experienced bereavement team that is currently extending their support to anyone who has been bereaved or effected by the Coronavirus.
Contact: 01924 331400
Website: <https://www.wakefieldhospice.org/About-Us/What-We-Do/Bereavement>
- **Cruse Chat**
This is a support line with an option to correspond via e-mail and a lot of information on line for both bereaved and people you may be caring for that need support following a bereavement
Contact: 0808 808 1677 Monday to Friday 9am to 9pm
Website: <https://www.cruse.org.uk/get-help/crusechat>

For further support and advice, please contact your Carers Wakefield & District Support Worker or our Duty Desk on (01924) 305544.

YOUR GP PRACTICE IS STILL HERE TO HELP

It's not too much trouble - your GP practice is still here to help

If you have any ongoing or new concerns about your health, it is really important that you don't ignore them or put them off. Your GP surgery is still here to help, but is just operating a little differently to usual. There are important physical signs you should let your GP know about and you must call them if you have:

- Unexplained blood loss that doesn't come from an obvious injury
- An unexplained lump
- Unexplained weight loss which feels significant to you
- Any type of unexplained pain which doesn't go away

They can also redirect you to the right place if you need a different service but aren't sure where to go. The best way to contact your practice is by telephone. Your clinical team will then be able to assess your problem and make sure you get the right support. They may arrange a consultation with a GP or other member of practice staff. This could be done by video, telephone or face-to-face but these options will always be discussed with you. If you are given a face-to-face appointment, whether this is at the surgery or at home, please be reassured that precautions are being taken to ensure your safety. These include clinical staff wearing personal protective equipment (PPE) when they are in close contact with patients and each other. Patients are also being asked to wear a mask or face covering, such as a scarf, and social distancing measures are also in place.

So please contact your GP if you need to; it's not too much trouble and you are not putting anyone out. If you are worried, you should ring or ask someone to call for you.

(This information has been provided by the NHS in Wakefield in partnership with the Frailty Prevention Partnership)

YOUNG ADULT CARERS: 17-25 YRS

We are currently offering:

- * Weekly zoom meetings with quizzes and other fun activities.
- * One to one support with a support worker in the garden or place in the community. Someone to support you in your caring role, be a listening ear or support to plan for your future.
- * An opportunity to get involved with other projects in the district to make a difference to all young carers.

(Our usual group meetings, fun activities and organised trips will be resumed as soon as it is safe to do so.)

If you would like more information, please contact Rebecca by ringing (01924) 305544, text 07717849640 or email rebeccav@carerswakefield.org.uk

A POEM DURING LOCKDOWN

Many thanks to one of our carers for this poem.

WOE BEGONE



Was running low on food supplies
When bags were brought, a nice surprise
No charge, sort of good sorcery
Kind deed supplying grocery

Strangers support is comforting
Makes present situ less daunting
Joy arrived in timely fashion
Was down with thought of food ration

Worst thing 'bout staying home alone
Will be the bill regarding the phone
Also, the fear of spreading bum
And sitting 'til your legs go numb

Endless days, self-isolation
Lots of TV and jigsaw-ing
We can beat the corona virus
Stay at home preventing crisis

CA Brighton 2020

ADVANCE CARE PLANNING

Advance care planning enables people to discuss and record their future care wishes which can lead to reductions in non-essential hospital admissions, better experience for patients and families and improved care outcomes. It is a voluntary and ongoing process that should be regularly reviewed. It is made when a person has capacity and will only be used when a person lacks capacity to make their wishes known. With an individual's agreement, discussions should be documented, regularly updated and shared with key people involved in their care. This may include family and friends. An advance care planning discussion may result in one or more outcomes:

- Statement of Preferences and Wishes.
- Advance Decision to Refuse Treatment.
- Appointment of a legal advocate - Lasting Power of Attorney.

Should you like to learn more or speak to someone about Advance Care Planning, please either contact your Carers Wakefield & District Support Worker or our Duty Desk on (01924) 305544 and we will contact you to discuss further.

HELP SAVE POSTAGE COSTS

If you have Internet access, we can send you your news-sheet by e-mail, please email:

tracys@carerswakefield.org.uk

with your name, address and email address.

IF YOU DON'T WANT TO RECEIVE OUR NEWS-SHEET

If you do not want to receive any further News-sheets, please contact us:

Tel: (01924) 305544

or E-mail: tracys@carerswakefield.org.uk

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