

NEWSLETTER
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Gloucestershire

Carers **Hub**

Winter Newsletter 2022



Did you know?
1 in 8 adults
is an unpaid
Carer

Winter Newsletter 2022

A message from Gloucestershire Carers Hub Team

The team are delighted to be welcoming in 2022 with you and hope to connect with you all at some point during the year should this be at a training event, social or in connection with any changing need.

We would also like to remind you that we are here for you. If you need support, information or advice please get in contact with us:

0300 111 9000
Carers@peopleplus.co.uk
www.gloucestershirecarershub.co.uk

We are open

- **9am – 5pm Monday, Wednesday and Friday**
- **8am – 8pm Tuesday and Thursday**

We hope you all had an enjoyable and relaxing festive break and are continuing to stay safe and well.

Within this newsletter, we will be focussing on your wellbeing as a Carer. Supporting you with ways to become more resilient and assist you with maintaining your own mental health.

We have incorporated some useful hints and tips for starting off 2022 as well as including some of our services which you may wish to explore.

Why not try something new and access some of our amazing sessions online to improve your health and wellbeing. If you would like support to know more about similar services in your locality please don't hesitate to contact us.

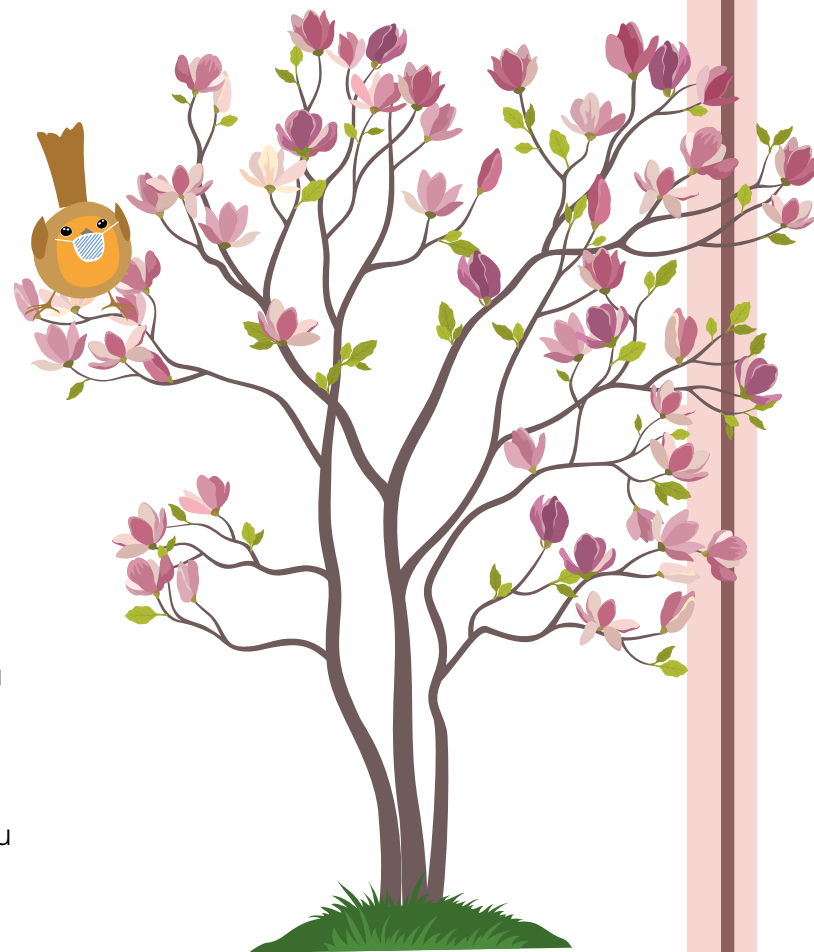


We are always striving to improve and if you have any feedback regarding our services, please email careraware@peopleplus.co.uk

If you would like to take part in our annual Carer survey which will be happening in February 2022, please contact us to express your interest, either by calling 0300 111 9000 or emailing careraware@peopleplus.co.uk

Best Wishes

The Gloucestershire Carers Hub Team



Journaling for 2022

As many people plan resolutions, you may not feel that this will be of benefit to you this year. Instead, why not try something new like keeping a journal or diary.

We ran some sessions last year on journaling and many carers who attended these sessions now complete a journal/ diary of their daily activities in order to help both themselves and the person they support.

Hints and Tips from other Carers

- You don't need to write a lot, just write down what you have done that day
- Highlight a positive of the day no matter how small
- Use the journal or diary to record special memories you may want to remember
- Don't be afraid to doodle or use images to help you remember

You can use the journal or diary as much or as little as you like. Some of our Carers and the individuals they support, complete their journals at the end of the day together.

The journal can be used as a reflective tool or a way of planning and making lists to complete over the course of the week, month or even year.

Give it a try, you just need a notebook or diary and a pen, if you gain benefit from writing a journal or diary, we would love to hear your feedback. Please email us at bookings@peopleplus.co.uk



Carer Cafes

Carer Cafes were launched in several areas of the county throughout 2021 offering a chance to meet other people who are supporting someone locally.

Currently our Carer Cafes are postponed due to Covid-19 guidance. We will relaunch in 2022 when it is safe to do so. Please keep an eye open for the communications with regards to this information.

Carers join us for a chat to talk about their daily lives and also to form relationships with other Carers within their own communities.

We are looking to expand the offer of more community carer cafes but we need your help to support us in finding venues which are accessible and also to find volunteer hosts. Maybe you would like to attend a regular café if you are comfortable meeting and greeting new carers when they arrive at the venue.

If you would like to get involved or have a suggestion for a location, please email careraware@peopleplus.co.uk



Winter Wellbeing Hints and Tips

With winter now upon us it is important to protect your wellbeing throughout the darker, colder months. We have included some hints and tips to help you through the coldest season of the year.

Try to get outside

- o Avoiding periods of icy weather (making sure you are safe), try to get outside on nice days to enjoy the world around us with a wintery walk. Getting outdoors raises our happy hormones and allows you to enjoy the winter season. Wrap up warm with a hat and scarf and explore your community.

Try out some new exercises or join an exercise class

- o It is well known that exercise can support wellbeing and mental health. It is good for us to be active, but you don't always have to leave the house to get involved. Our monthly What's On sessions allow you to access a variety of activities from the comfort of your own home. If you are not savvy with technology, we are happy to support you with getting online to join in.

Try to eat healthily

- o Try to maintain a balanced diet and make sure you are consuming enough vitamin D from your food, eating healthy can support you in maintaining your energy levels and have a positive effect on your mood.

Do something for yourself once a day

- o Try to take a small amount of time to do something for you each day. Join a coffee morning, come along to a carer café, take five minutes to sit down and think or maybe you have a hobby which you could do for a short amount of time each day. Whatever it is you do, make sure you are solely focussing on your wellbeing even if it is just for a few moments every day.

Take time to connect

- o Everyday life can be busy, especially when you fulfil a caring role but connecting with others is important too. Could you call an old friend for a chat, send an email or a letter to someone or just take some time to join us for our face to face or online coffee mornings or cafes. If you have no one to connect with and feel you would benefit from some interaction with someone else who is also supporting someone, contact us to find out more about our Buddy Up scheme.

Sleep

- o The benefits of a good night's sleep are proven to increase energy levels and also wellbeing. Make sure you are getting enough sleep when you can and allow your body to rest and restore.

If you would like to explore wellbeing in more detail, we have sessions running throughout the year including Mindfulness, Yoga Nidra and the YouCan Be Well programme. The YouCan Be Well programme involves four sessions held weekly to support you with maintaining your wellbeing when you are supporting someone. It helps build your own resilience and enables you to reflect on situations and provides you with activities and strategies to cope better when you have a bad day. Come along to our next sessions to find out more.

There are also some great winter wellbeing tips on the One Gloucestershire website www.onegloucestershire.net/stay-well-this-winter

These include:

Boost Your Immunity

Both Flu and COVID-19 can be life-threatening and spread more easily in winter. Please boost your immunity and protect others by taking up the offer of a flu and COVID-19 vaccination. Local GP services and community NHS teams across Gloucestershire are offering the COVID-19 and flu vaccines to people who are most at risk of getting very ill this winter. The vaccination hub can help you find out how to get your vaccination if you are eligible and your options for local COVID-19 vaccination drop in clinics. (<https://covid19.glos.nhs.uk/vaccinations/>)

Look out for elderly or vulnerable friends and neighbours

If you are worried about someone you know, reach out to them. Check in to make sure they can get shopping, prescriptions and are managing to keep their home safe and warm.

Visit Your Circle (www.yourcircle.org.uk for information, advice and support to help you, or someone you look after, stay independent, safe and well. It has lots of information about local groups, societies, clubs, and services in Gloucestershire.

For more on what help and support is available, contact your borough or district council. You can also find lots of information on the county council's website, including what to do if you are worried an adult is at risk of harm.

Keep your home warm

Try to heat your home to a steady and comfortable temperature. If you are older or have a health condition, heat your home to a minimum of 18C.

If you are worried about affording winter fuel payments, there is support available. Head to Simple Energy Advice (www.simpleenergyadvice.org.uk) for impartial and independent advice on reducing energy bills, making your home warmer and home energy grants. (www.simpleenergyadvice.org.uk/grants)

Stay active

Staying active can have a huge positive impact on your mental and physical wellbeing. We know that exercising can be harder in winter as the nights draw in and colder weather makes us feel less motivated, but even a little bit of activity now and then can help you maintain strength and mobility.

If you don't know where to start, We Can Move is full of tips and resources to help you start adding a bit of extra physical activity into your life. (www.activegloucestershire.org/we-can-move/)

Prioritise your mental health

Shorter days, darker nights and more time indoors can make us feel low. The lack of sunlight also means that a lot of people may not be getting the right amount of Vitamin D, which can also contribute to a low mood.

It's important that you prioritise your mental health over the winter months. Seeking help is often the first step towards getting and staying well, but we know it can be hard to know how to start or where to turn. Be Well Glos can help you find the support you need to overcome stress, anxiety, depression and more. You are not alone. (www.bewellglos.org.uk)



Eat well

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. As we head into winter, make sure you keep your cupboards and freezer well stocked with good, nutritious food. Eat plenty of fruit and veg and make sure you stay hydrated.

The NHS Eat Well Guide can help you plan your meals around a healthy balanced diet. (www.nhs.uk/live-well/eat-well/the-eatwell-guide/)



Activities – Highlight



We would like to thank everyone who got involved with our Carers Rights programme. It was a busy week and we loved seeing all of you attend our sessions and walks.

We hope that you enjoyed the week and also gained valuable information to use in your caring roles.

We had some wonderful presentations throughout the week from our partners. We do have recordings available if you missed any sessions which you really wanted to see. Please email bookings@peopleplus.co.uk to request a specific session.

If you have any suggestions or would like to get involved with the planning of our next events then please email bookings@peopleplus.co.uk to express your interest.



Carers have the right to...

Find out more about your rights as an unpaid carer



carers RIGHTS DAY



ADVICE ASAP

Illness or injury? Not sure where to turn?

Local GP and urgent care lead at NHS Gloucestershire Clinical Commissioning Group, Dr Jeremy Welch said:
“In Gloucestershire, we want to simplify the way people access advice and support – including through ‘easy to remember’ digital and phone options.”

The further development of the 111 service this year is a real step forward. The phone service can provide expert advice from nurses and doctors and can book people into local services when needed.”

Medical Director at Gloucestershire Hospitals NHS Foundation Trust, Prof. Mark Pietroni said:
“We are well aware that it can be difficult to know which service to use if you are ill or injured and it’s not life threatening.”

The phone and digital options, including 111, highlighted in this campaign should really help signpost people to the right care in the right place.

We’d like to thank the great majority of local people who are accessing services appropriately and responding to the Click or Call First campaign messages.

It’s important we all play our part and carefully consider the range of healthcare options available this winter, particularly for minor injury and illness.”

Gloucestershire Carers Response Group



Do you want to talk about your caring role and what would make a difference to you and other Carers?

The Carers Response Group, responds to Carers concerns and identifies themes and trends that Carers are facing everyday.

It gives Carers an opportunity to:

- Discuss themes and trends that you and other Carers are finding
- Have your voice heard about issues relating to caring that are important to you
- Meet other Carers

We are looking for Carers to join the group and get involved in the virtual sessions. The feedback we get from these sessions will be fed back to key decision makers within Health and Social Care services across the country.

This will ensure that Carers voices are heard and are taken into account.

Please contact carers@peopleplus.co.uk for more information and to become part of the group.





Do you ever feel like you have no one to talk to about the daily pressures of supporting someone?

Buddy Up aims to match Carers based on interests or caring responsibilities, to form lasting bonds and relationships. This allows individuals to meet someone who can offer support in times of need or just to be a companion or someone to talk to.

If you feel that you would benefit from Buddy Up please email us carers@peopleplus.co.uk or give us a call on 0300 111 9000

“You can talk things through that your buddy may have already gone through. You are not alone. Sometimes it’s hard to talk to friends and family. It’s easier sometimes talking to a buddy rather than talking to professionals. You can have a laugh with them too. They won’t judge you.” KR, Gloucester

How does Buddy up work?

Our Buddy Up scheme works to match Carers together based on their interests, location or caring situation.

You can choose how frequently you would like to see or speak to your buddy.

What are the benefits of joining the Buddy Up scheme?

- Build a support network for yourself
- Increase your confidence and self-esteem
- Companionship and friendship
- Share experience
- Access information and advice through each other
- Learn new skills and strategies - talk about what works

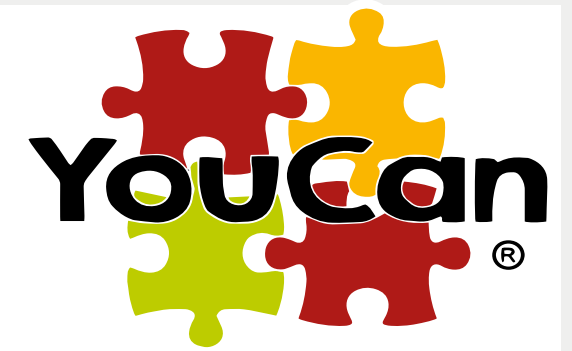
How to sign up

If you are a registered Carer and would like to have a buddy please visit <https://gloucestershirecarershub.co.uk/peer-support-buddy-up-scheme> and complete the profile form or email carers@peopleplus.co.uk expressing your interest.

There is also a consent form which will need to be signed before the matching process can begin.

Gloucestershire
Carers Hub

YouCan Be Empowered Highlight



YouCan Be Empowered is a four-session programme held weekly to support you and help you understand your caring role in more detail. The sessions cover a variety of topics and give you information and support where you need it most. The sessions are held at various times throughout the day to ensure they fit around your caring responsibilities.

These sessions are to empower you to know your rights and also how to manage the pressures of supporting someone every day. The aim of the programme is to provide that much needed advice and information but also to give you the opportunity to meet other people who are supporting people with their daily lives.

Why not join us for our next YouCan Be Empowered sessions on:

- Wednesday 26th January 2022 12.30pm – 2.30pm
- Wednesday 2nd February 2022 12.30pm – 2.30pm
- Wednesday 9th February 2022 12.30pm – 2.30pm
- Wednesday 16th February 2022 12.30pm – 2.30pm

To book on to the sessions above please email: youcan@peopleplus.co.uk

We are planning to offer a face to face YouCan Be Empowered in March. To express your interest please email youcan@peopleplus.co.uk

“Attending YouCan Be Empowered has helped me to know my rights as a carer and meet other carers in the same situation as me”

Useful Numbers

There are other organisations should you need any information or support:

- Silverline – **0800 4 70 80 90**
- Samaritans – **116 123**
- Gas Board – **0800 111 999**
- Power-cut – **105**
- Water Board – **0800 783 4444**
- Non-emergency Police number **101**
- Emergency situation **999**
- Healthcare advice **111**
- Covid-19 testing **119**



Winter Gardening with Tracey

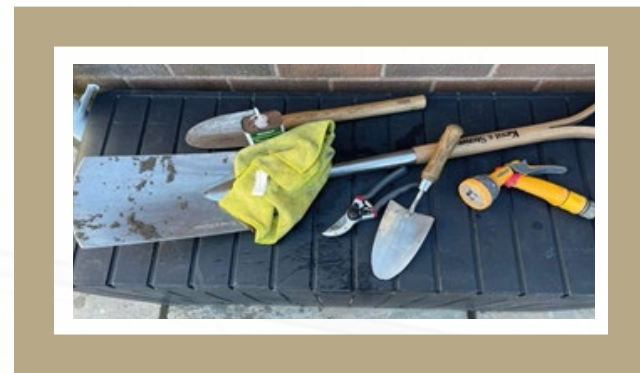
It's chilly out there but there are still a few garden tasks to complete, so wrap up and get some fresh air doing some of the jobs below.

Are your garden tools in need of a clean? A quick wash and oil will keep them going for years to come, here's how you can do it.

1: Hose, bucket or brush : It's up to you, but rinsing or brushing the dirt from your tools will keep them in tip top condition. Rinse the tools off with the hose or a bucket of water then dry off with an old towel or rag. Once dry, give them a good brush with a wire brush (wear some goggles to prevent the dust from entering your eyes). If you would like to restore wooden handles, give them a light sand with some fine grade sandpaper - best wear a mask and goggles when doing this bit!

2: Oil them : To protect the whole tool use some oil. This could be linseed, motor oil or even cooking oil applied onto an old cloth and wiped over the surfaces of the tool. You will need to wear some gloves to protect your hands when doing this.

Once you have cleaned your tools, try standing them up in the shed for the winter or placing smaller tools in a box. They will be ready for action next spring!



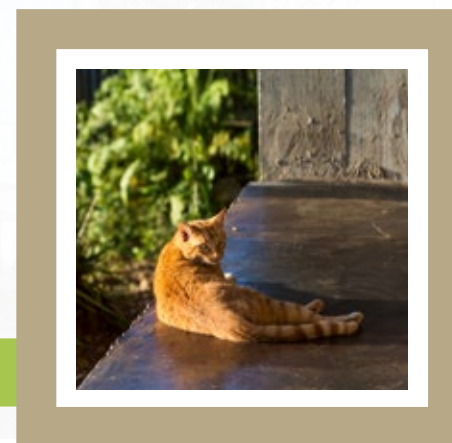
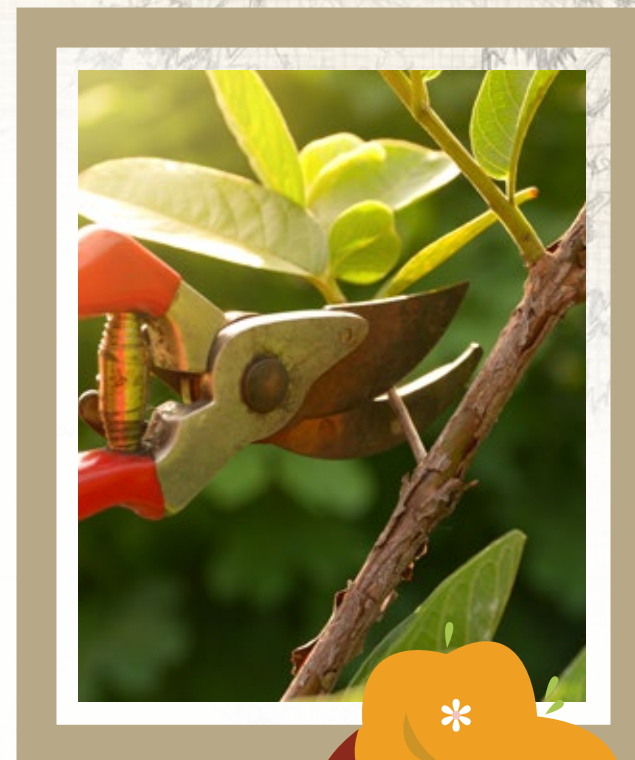
Plant a New Tree for the New Year : Bare root trees are available online or at some garden nurseries at this time of year. If you have a spot in your garden, then why not plant a bare root tree and watch it grow. It will begin to put on growth in the spring and can be a nice project to follow during the months ahead. Flowering cherry trees make a beautiful April display just don't forget to check how high your tree will grow, before planting.

If you have a chance, grab some winter sun by popping outdoors on a sunny day and finding a place where you know the sun's rays will fall. You can then pop out for a little sun therapy on long winter days which is great for wellbeing and watching the wildlife. Check out the cat. Who is the best guide to finding winter sun to sit in!

Another little activity for the New Year is to get your hands on some seed catalogues and plan what you are going to grow in the garden for the coming year. This could be a great rainy-day activity which you could do with the person you are caring for. By keeping pictures of the seeds you have sown, you will remember what's to come over the growing season. You can order seed catalogues online or some garden centres will have them available near the tills and exit areas.

Keep feeding those feathered friends throughout the winter.

Pruning your trees and shrubs is easier now the leaves have fallen. It's easy to see the branches and if you stand back, you can see your work more clearly. Cut out any dead wood making sure you slant the cut and use sharp secateurs for the job. Pruning during the colder months helps to reduce sap bleed and so the wound heals quicker. Plants that benefit from a winter prune are roses, clematis, fruit trees and bushes.



**Gloucestershire
Self Harm Helpline**

**Freephone
0808 801 0606**

**Text
07537 410 022**

**Rethink
Mental
Illness.**

Gloucestershire Self Harm Helpline provides support for anyone living within Gloucestershire who is affected by self-harm. People can contact us by telephone, webchat or text. The service is completely anonymous, and you do not have to provide any information that might identify you.

We only break confidentiality in cases where there is immediate and significant risk of harm to either the person contacting us or someone else. It is simply a safe space to talk and be heard. We provide emotional support, information about self-harm and help explore any coping strategies that might help. We also provide information on other services that could be accessed.

Contact us:

We will be running a free Zoom Self Harm information webinar for Carers on Wednesday 26th January at 7.00pm - please contact glosselfharm@rethink.org to book a place.

Click for our website: www.gloucestershireselfharm.org

Click for our Facebook page: <https://www.facebook.com/Rethink-Mental-Illness-GSHHL>

Opening hours, every day 5pm to 10pm

Carer Aware Discount Card

We launched our Carer Aware Discount card back in November. If you haven't managed to request one yet, you can do so by emailing us at careraware@peopleplus.co.uk

Carer Aware's main aim is to raise awareness in the community of unpaid Carers.

To get involved and support please contact us to request some discount leaflets. The leaflets explain all about the scheme and how someone can get involved.



Can you support Unpaid Carers in Gloucestershire to support your local business?

Did you know...

- The 2011 Census recorded 62,644 self identifying Unpaid Carers throughout Gloucestershire
- The peak age in 2011 for Unpaid Carers in Gloucestershire was 50-64
- Carers UK 'Valuing Carers' 2015 indicated the economic value of Unpaid Carers in Gloucestershire was £1.127 million

The Gloucestershire Carers Hub's Carer Discount Aware Card is available to all our registered Carers which currently stands at around 5500*.

The aim of the card is to support Unpaid Carers to access a discount or special offer, when using local businesses and services.

If you are a business owner and would like more details on how you can help, please email: careraware@peopleplus.co.uk



The Gloucestershire Carers Hub are committed to promoting all partners signing up to the Carer Aware Card scheme, through our social media, publications, and various other channels.

* As of September 2021



CLICK OR CALL FIRST

Click or Call First builds on last year's successful campaign highlighting the benefits of going online or calling first if your illness or injury is not life threatening.

If you have an illness that won't go away, after self-care or advice from the pharmacy, you are advised to Click or Call your GP surgery through their website, the NHS App or by phone.

If you think you may need A&E or to get the right service 24/7, you're encouraged to click www.111.nhs.uk or call 111.

This year a local assessment and advice service run by doctors and nurses will be working alongside the 111 phone service to offer additional expert support.

The 111 phone service can book an appointment for you into local services e.g. GP surgeries, Community Minor Injury and Illness Units or one of the two A&E Departments if needed.

The local www.asapglos.nhs.uk website and ASAP Glos NHS App also offer care advice as well as information on all local services and when to use them e.g. Community Pharmacy, GP surgery, the Gloucester Health Access Centre, Community Minor Injury and Illness Units and A&E.



Building Confidence after Lockdown

by Katie Bifulco, Wellbeing Advisor

Step by Step

As the Wellbeing Advisor at the Gloucestershire Carers Hub, I have spoken to lots of Carers who feel that they have lost their confidence throughout the pandemic; confidence to drive, confidence to meet new people and even confidence to go out at all.

Confidence doesn't always apply to every area of our lives. Maybe you are confident when dealing with the person you care for and what sort of care they need, but you have lost the confidence in making decisions or driving to the shops. Confidence is like a muscle in the body - we need to use it or we lose it. Lack of confidence can come from our feelings that we can't do something and might fail. Or low self-esteem keeps us from doing things which might help us to grow as people and be happier in the long run.

Think about areas that you feel confident in. If you can succeed in one area, you can do it in others. Here are my top tips for getting your confidence back:

1. Remember that everything feels difficult when you first start to do it, give yourself time to settle into whatever it is you are doing
2. Feel the fear and do it anyway. Sometimes going out of our comfort zones can bring the best outcomes
3. What is stopping you? If it's meeting new people, is it because you feel you have nothing to offer and/or will feel judged? Where do these thoughts come from?
4. Start small, baby steps are a more effective way to go as they put less pressure on you
5. Close your eyes and visualise you doing the thing that you don't feel confident in doing - what are you wearing? who is there? If you are driving to the shops, which way did you go? were the traffic lights on red or green? Experts have proved that visualising situations can help us to mentally prepare for them



6. Remember, you are not alone. Everyone has something they are scared of doing or lack confidence about. Think about your first day at school or in a new job, it was daunting, but you soon got used to it

So, what do you lack confidence doing and what can you do to change it?

If you feel that you would benefit from some one to one wellbeing sessions please call 0300 111 9000 or email carers@peopleplus.co.uk

We also run our fantastic YouCan Be Well programme which consists of four weekly sessions to build your resilience, confidence and look after your own wellbeing. If you would like more information on the next dates available please email youcan@peopleplus.co.uk



Winter Warmer Recipe

Campfire Stew



Perfect meal when its cold outside.

This can be cooked in a slow cooker on low for 10 hours or on high for 6 hours with lid on or, all in one pot in an oven for 2.5hrs at 180 degrees. Check on it after 2hrs to give a stir and add water if needed.

Serves 6 or reduce ingredients to make less. Extras can be put into to containers and frozen for another day, just defrost and heat thoroughly in an oven or microwave.

Ingredients

- Joint of gammon/ham 500g-1kg remove any plastic casing, all fat and then reduce salt by soaking overnight in water
- 2 tins baked beans
- 2 onions diced
- 2 peppers (red, yellow or orange) diced, and seeds removed
- 4 garlic cloves or 2 tsp easy garlic puree
- 1 tsp smoked paprika
- 6 tbsp tomato puree
- 1 red chilli or chilli flakes, if you want to add some spice
- Optional ingredient passata

Mix all the ingredients, except the ham, in the slow cooker or large oven proof dish. Once mixed, move the ingredients to make room and place the whole ham in the middle. Then, replace the lid and cook.

Check the mixture halfway through and if it looks dry, add water or passata.

The slow cooker should not need any extra liquid. Once cooked, the ham should just fall apart, shred it up, mix in and serve.



Enjoy with either bread, jacket potatoes, pasta, chips, sweet potato chips or rice the choice is yours. If you have any left over freeze it and use another day after thoroughly reheating.

Winter Crossword

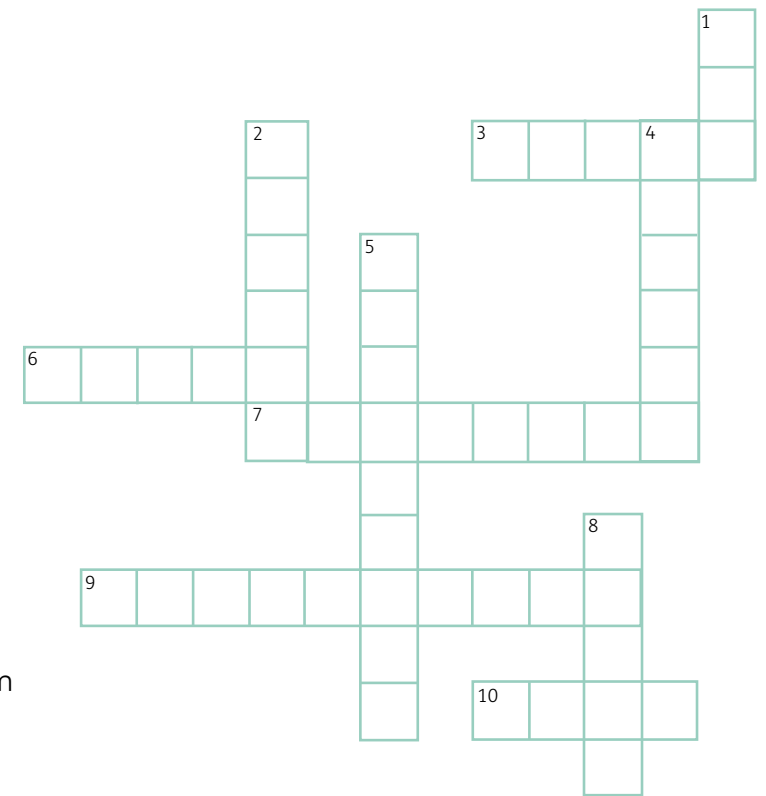
Complete the crossword puzzle

Across

3. Something which happens in the morning after a cold night
6. The colour of snow
7. A fun thing to do when it's snowed
9. Something you would do on a rink
10. Something which falls from the sky when it's cold

Down

1. Keeps your head warm in the cold
2. Something to keep your hands warm
4. The season which follows winter
5. Sleep through winter
8. House made of ice



Winter Word search

Find the words

- WINTER
- SNOW
- GLOVES
- FLOWERS
- EARMUFFS
- HOTCHOCOLATE
- COLD
- FROST
- HOLLY
- BULBS
- HAT
- DARK
- ICE
- SCARF
- SPRING
- FROZEN
- CRISP
- WALKS



#StayWellGlos

STAY WELL this Winter



There is always a lot to think about as we head into winter, but our top tips will help to keep you and your family healthy and well throughout the months ahead.

- 1 Boost your immunity** by taking up the flu and COVID-19 vaccines.
- 2 Prioritise your mental health.** Connect with others, reach out and seek support if you need it. Visit bewellglos.org.uk for advice. You are not alone.
- 3 Eat well.** Eat plenty of fruit and veg and make sure you stay hydrated. For advice on eating a healthy balanced diet visit nhs.uk/live-well/eat-well/the-eatwell-guide
- 4 Look out for elderly or vulnerable friends and neighbours.** Check in to make sure they can get shopping, prescriptions and are managing to keep their home safe and warm. Visit yourcircle.org.uk for information, advice and support.
- 5 Keep your home warm.** If you are worried about affording winter fuel payments head to simpleenergyadvice.org.uk
- 6 Stay active.** Even a little bit of activity now and then can help maintain strength and mobility. Visit wecanmove.net/get-active for tips on how to keep moving.
- 7 Seek advice as soon as you start to feel unwell.** Your local pharmacy can help or signpost to another NHS service if needed.
- 8** If you're ill or injured and unsure where to turn – **click 111.nhs.uk or call 111 – 24/7.**



onegloucestershire.net/stay-well-this-winter