



Caring Matters

Spring 2021

for family and friend carers in Telford & Wrekin



*Stepping into
Spring with the
Telford CVS team!*

**CARERS NEWS
COVID-19 NEWS
FEATURES
PARTNERS NEWS
ACTIVITIES
DONATIONS
LEARNING**



Welcome

The Covid vaccine is having an effect, and we're at last able to feel some optimism for the future. If all goes well we'll be back to what will probably be a 'new normal' during most of the summer. Although sunny holidays beckon I know most of us, including carers I've spoken to, feel that just to be able to see and mix with any extended family again will be reward enough after the year we've experienced. Please see the latest information below, as we go to print, about vaccines for carers.

It's been a while since our last newsletter - there has been some delay in publication due to the whole team joining together in giving information, advice and support surrounding the Group 6 vaccination roll out for carers. We have responded to hundreds of phone and email enquiries over the past month, to ensure that as many of our Telford carers as possible are able to receive their first vaccine. The latest news as we go to print is on the following page - if you still require your first vaccine as a family carer, please read the instructions for booking your appointment.

We had hoped to publish a full-scale 'Step into Spring' edition of the newsletter at this time, with plenty of fun outdoor listings, but with the latest Road Map not allowing full opening of many places until 12 April we have postponed this for a while - watch this space! We are continuing with our online programme of activities as we head into lighter nights and warmer weather, including Wellbeing Support Groups for adult, young adult and young carers. Other activities include competitions like Cake Baking, Arts and Crafts, Photography - enabling us to showcase all entries on our Facebook pages. These have been so successful this year. See our activities pages for lots more. And we continue to be donated specific funds for delivering Wellbeing Packs to groups of carers.

I want to thank personally every individual and organisation who donated in money or 'in kind' gifts to the Carers Centre during 2020. Without the help of these kind and generous givers, we would not have been able to provide all the support needed for carers during what has been such a difficult year.

Spring has sprung and I hope you can enjoy any good weather we have in the outdoors either walking or in your garden - and I take this opportunity to wish you a Happy Easter.

Best wishes

Laura Thorogood, All Age Carers Centre Manager



Are you an unpaid family carer?

Do you want to book your first Covid-19 vaccine appointment?

Unpaid family carers are eligible for a vaccine within Group 6 of the vaccination roll out. You do not need to be registered with the Carers Centre to receive your vaccination as a family carer.

You may have already been invited by your GP for your vaccine because you are recorded as a carer at your medical practice or alternatively you may have had an invitation because you are eligible for various other reasons within groups already open for booking (your age, for example).

The NHS have advised that a national online form will be made available very soon for family carers who have not been contacted as above meaning they can self-declare their caring role and book a vaccination direct through the National Booking System.

This has currently been delayed and local authorities are now booking using their own local solutions for carers. It does mean that Telford and Wrekin Council does not have access to all the vaccination sites in Telford so it may take a while to get carers booked in.



If you are already registered with the Carers Centre, your details will have been forwarded to Telford and Wrekin for them to contact you directly from the Helpline below to organise your vaccine booking. We have also forwarded many email enquiries received over the last week or so to them and you will have had an email reply from the Carers Centre telling you this has happened.

If your call or email IS NOT vaccine-related and you would like to register with us to receive other information, advice or support now or in the future, we will deal with this in the normal way at the Carers Centre and also be happy to add you to our referral waiting list for registration in due course (please do make sure you have given us your 'phone number).

If your enquiry is about booking your vaccine as a carer, we ask that all calls be made directly to the number below:

**COVID-19 HELPLINE DIRECT
0345 678 9011**

The details required when you call the Helpline will be:

- **Your full name**
- **Your caring role**
- **Your NHS Number**
- **Contact telephone number**
- **Email address**

Telford and Wrekin Council has contacted over 2000 family carers over the last two weeks and is now receiving around 200 calls per day. Please be patient if you have problems contacting them.

Our friend in The North!

Many of our carers will remember Jill Tiernan, who was our Telford and Wrekin Carers Commissioner for many years and who has now retired. One of the last times we saw Jill was during Carers Week last year when she hosted a brilliant cooking session with Masterchef contestant Karen Kemp. As a very keen cook we thought Jill may have time on her hands to contribute an interesting recipe for the newsletter!



Settle Signal Box - open at weekends to pull the levers and ring the bells and receive a Signal Persons certificate!

In fact, Jill's life has been incredibly busy since making a move to a most beautiful part of the country - the Yorkshire Dales. Apart from exploring the beautiful Dales landscape with lots of walks, in true Jill fashion she has immediately involved herself in community activities - volunteering with the Friends of the Settle and Carlisle Railway, and using her skills to develop family friendly information for those with dementia or autism, to make visiting the local station more accessible and welcoming. The Railway is particularly famous for the Ribbleshead Viaduct, used in the Harry Potter films.



Jill and her husband outside their Yorkshire cottage

Fortunately Jill has squeezed in time to contribute a recipe! We'll keep in touch with her regularly and she says she's hoping to make a visit back to Telford when Covid-19 allows. Look forward to seeing you Jill!

Cullen Skink (Smoked Haddock Soup) - full of goodness and very warming after early spring walks!

Ingredients

- 25g Butter
- 1 small onion
- 400g potatoes, peeled and chopped
- 725ml fish stock: Vegetable Stock can be used
- 200g Natural smoked haddock skinned remove bones and cut fish oxo cube size
- 75ml Single Cream or Whole Milk: makes a creamy texture
- 1 tbsp Parsley: fresh preferable - if not dried. Leave some for decoration
- Pinch of Cayenne Pepper (Optional)
- Salt and Pepper to taste

Method

- Fry chopped onion and potato gently cook for 5 – 8 mins
- Add stock simmer for 15 mins
- Slightly cool then puree. You can leave some potato for texture
- At this stage you can add a pinch of cayenne pepper
- Add parsley and chopped fish: gently simmer for 10 mins. Stir occasionally
- Take off heat and leave soup for 45 mins to marinate and develop flavour
- Slowly reheat, soup should be gloopy and flavoursome



A great addition to national carer support . . .

Our own Adult Carer get-togethers online are brilliant for support and group fun of course but we are always on the look-out for any extra help for our carers - especially during the pandemic and lockdowns.



It really is worth keeping 'in the loop' with this relatively new website which is just for unpaid family/friend carers. Many of our carers have found it so useful at this time, not only for extra information and advice, but also as an additional online community, where they can join in and sit and chat during their 'Virtual Cuppa' sessions - helping to reduce their feelings of isolation. Subscription is free, and you can cancel at any time.



Why not sign up now at <https://www.mobiliseonline.co.uk>

Alheimers Society here to help

It's important to let people affected by dementia know that the Alheimers Society services are still available locally during Covid.

If you need support, call the Dementia Companion Service at **Shropshire Alheimers Society** on **01952 250392**



Or call the **Dementia Connect** on the **National Support Line** on the number above

Helen Esslemont of Maplebrook Wills gives advice about our future

Who wants Intestacy? (Answer = no-one!)

Ever heard of 'Intestacy'? Well, it really is as horrible as it sounds! Good news though - there is an easy way to avoid it: **Write a Will.**



If you have not stated your wishes within a Will, your estate falls under the very inflexible 'Rules of Intestacy'. People usually make wrong assumptions about what will happen. Assets can easily end up where you would not want them - and your true loved ones can be excluded.

When parents tell me that their adult children will "sort things out" fairly, sadly this is usually not what happens.

Parents want to believe that their children have each other's interests at heart as much as they (as parents) do. This is often not the case, much less where money is concerned and when the parents are no longer there to referee. It costs those left behind dearly.

Often times, 'Intestacy' estates result in family arguments and court cases. Read the very sad case of the Scarle's family in my latest blog.

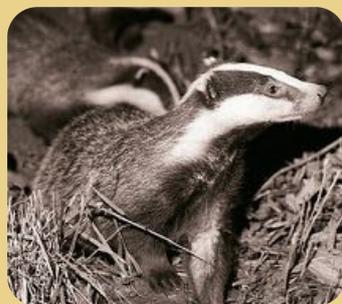
<https://maplebrookwillsshropshire.co.uk/2021/01/14/leave-it-to-the-family>

'Intestacy' can be avoided - for information on Wills, LPAs, Trust and Funeral Plans, check out the FAQs on my website - or better contact me for a chat (it's FREE) www.maplebrookwillsshropshire.co.uk

Email me on helen.esslemont@maplebrookwills.co.uk 01952 913178



Neighbours form Wildlife Group for activities after lockdown!



One of our carers, Michelle, has written to tell us all about an exciting project her community have started together over lockdown. At Edgmond, near Newport, Michelle and some of her neighbours have got together to form a Wildlife Group! The group has it's own web page and is open for anyone to join.

Their hope is that after lockdown eases, the group can organise activities, for both adults and children, celebrating the outdoors, and everything surrounding local wildlife.

Please do look around their brilliant website and and see their aims - and why not join the group then once we are all able to get out and about again, join in with any activities!

It costs £10 for a year to join as a family although membership is FREE currently until June!

<https://www.edgmondwildlife.com>



Car Parking FREE for Blue Badge holders at hospitals

We currently often have queries about parking at the Princess Royal and Royal Shrewsbury hospitals.

Here's the link to the Car Parking information on the SaTH website. Please do note that Blue Badge holders are entitled to FREE parking.

<https://www.sath.nhs.uk/patients-visitors/getting-to-us/car-parking/>



Survey for Phlebotomy



Shropshire, Telford & Wrekin
Sustainability and Transformation Partnership

Have you had your blood taken in NHS facilities across Shropshire, Telford and Wrekin?

If the answer is yes, then we want to hear from you!



To complete our survey please scan the QR code above, or visit surveymonkey.co.uk/r/8JPTBNQ

If you do not have access to the internet, call 07870 973 241 (Mon-Fri 9am to 1pm) and we will help you to complete the survey.

Your feedback will help shape how blood taking (phlebotomy) services look like in the future.

NEW Same Day Emergency Care Centre at RSH

This newly-built expanded centre, based next to the Royal Shrewsbury A&E Department, aims to reduce hospital admissions and improve patient experience.

The centre also houses a larger Acute Medical Same Day Emergency Care service running seven days a week.

Patients seen in the SDEC will be treated on the same day, reducing the need for a hospital admission which will ease pressure on hospital beds and improve the patient experience and journey.



Healthwatch #BecauseWeAllCare Survey

This survey is still open as we go to print - please do spend a few minutes completing it. Healthwatch are asking carers to share their experiences of the care their loved ones receive, positive or negative, across care homes, GP services, hospitals or in the home. Thank you!

<https://www.healthwatch.co.uk/tell-us-about-your-experiences-nhs-and-social-care-services>

IMPACT integrates with MIND



Impact has had a long history in Telford, starting over 20 years ago delivering services around alcohol and addiction, evolving over time into a general counselling service. **From the end of 2020 all services have transferred to Telford Mind.**

Both organisations are delighted to join forces and IMPACT are looking forward to integrating their counselling service to Telford Mind's existing provision.

For clients, little will change as the counselling team remains the same and you can make contact with Jen Deacon on **07419 730445** or email jen.deacon@telford-mind.co.uk

Mind are now offering counselling, following the integration. The counselling service works with children, adults and couples offering low cost therapy on a sliding scale starting at £10 per session. They're also offering **FREE** emotional support sessions for Telford residents struggling with their mental health due to the pandemic. To find out more call Telford Mind on **07434 869248** or email counselling@telford-mind.co.uk

<https://telford-mind.co.uk>



Carers Supporting Carers

Unpaid caregivers support life, well-being and independence reducing the burden on the local economy. The Carers Partnership Board, as carers and former carers, are experts by experience and genuinely understand. They offer an independent perspective and are here to make a positive difference to the lives of all our region's carers whatever their age, role, or culture. They are recruiting Trustees



with skills and expertise in Finance and Secretariat. However, they would love to hear from anyone who feels they could contribute towards maintaining and developing the vision of Carers Partnership Board Telford & Wrekin

The Board are recruiting Trustees with the following skills:

- **Treasurer** - financial qualifications with knowledge or experience of charity finances
- **Secretariat** - excellent administration skills to ensure trustee board meetings are organised and accounted for
- **Trustees** - to actively participate during board meetings and work with other trustees to take the Carers Partnership Board forward

Trustees are the 'guardians of purpose', making sure that all decisions put the needs of carers first. YOU COULD make a real difference to people's lives and the work of the Carers Partnership Board Telford & Wrekin.

Interested? Email Carers Partnership Board at cpb-tw-org.uk for more details.

'Living through Lockdown' Grief Recovery Method

This is a very useful 5 Point Plan that you can apply to any of your relationships at what has been such a difficult time, whatever type of loss you may have experienced.

Recommended by Phyl Edmonds, Director of Severn Intervention Services Ltd. it has been referred to in recent training the Carers Centre team have had with her, and the team have found it very helpful in both personally and professionally.

Here is the link to the relevant page on our website for anyone to access:

<https://www.telfordcarers.org.uk/coronavirus-updates>



"Being Heard" Self-Advocacy



In the New Year CarersUK produced a new self-advocacy guide, packed with ideas for carers on communicating well and looking after your wellbeing.

You can download the guide here:

<https://www.carersuk.org/search/self-advocacy-eng>

Shropshire Carers now under Local Authority

From 31 January 21 the adult carers service for Shropshire will now be delivered by a new team within Shropshire Council.

Both carers and professionals needing information or support can contact the team on **01743 341995** or email **Shropshire.Carers@shropshire.gov.uk**

Winter Wellbeing publication

A booklet has been co-produced with organisations across Telford and Wrekin coming together with the purpose of supporting carers in their caring roles.

It's a one-stop guide for the winter/spring period and has lots of information for carers to utilise throughout the year.

Many of you will have received the booklet electronically and we are working hard to continue distributing hard copies of the booklet into the spring period.

You can access the book online here on the home page of our website.

<https://www.telfordcarers.org.uk>



Fundraising and Donations - Giving during Covid



We've had an incredible response in terms of donations in money and in kind during the Covid-19 pandemic over the past year. Family carers of all ages have found this time especially difficult and the generosity and thoughtfulness of so many organisations and individuals has enabled us to give our carers the support they deserve at this time. **Thank you so much from all of us at The All Age Carers Centre for giving - to help all our family carers in Telford and Wrekin.**

Bush UK

Shropshire Royal British Legion

D. Silcock

Severn Harmony Madeley Academy

Telford Junior Youth Football

Veolia

High and Mighty Ukuele Club

Wooden Spoon

Co-operative Local Community Fund

Rotary Clubs of:

Ironbridge & Severn Gorge

Wellington

Telford Central

St Georges and Priorslee Parish Council

Vinci

GKN

Greenfields Farm Shop



Lee Wood

Provincial Grand Lodge of Shropshire
(Masons)

St Johns Lodge

Lady Forrester Trust

Protolabs

Inner Wheel:

Ironbridge

Wrekin

Great Dawley Council

Wellington Town Council

Youth Endowment Fund

ASDA

Sainsburys Forge Retail Park

Morrisons Wellington

Various donations through VirginMoney
Giving

Energize

Carers Baking ...

Sylvia, one of our lovely Wellington carers, had a go at our Christmas Mincemeat Biscuit recipe.

She said she made 12 originally but suddenly there were only 6 left to photograph!! Says she didn't get her camera out quickly enough!

She did say they were delicious and easy to make.

Thanks for sending in your photo Sylvia - they look yummy!



Link here to latest Senior Citizens Forum Magazine ...

<https://www.twseniors.org.uk/newsletter>



Did you see our Christmas article in the Shropshire Star?

The Star did a very good piece about Telford Carers in a Christmas edition of the paper - with a great picture of Jade getting ready to deliver Christmas packs! In case you haven't seen it, here's a link:

<https://www.shropshirestar.com/news/features/2020/12/18/pandemic-means-tough-time-for-carers/>



Learning and Employment

LearnTelford are aware that the global pandemic is having a significant impact upon people's lives and they are keen to offer support through learning and to ensure that their future courses take into account these difficult times. For this reason, they have compiled an online survey which they are encouraging people to complete. They would be very grateful if you, as carers, could complete the survey. Thank you!

<https://lt.onlinesurveys.ac.uk/learn-telford-course-survey-2021>



Telford and Wrekin Council is providing 100 work placements for young people as part of the Government's nationwide Kickstart scheme.

The aim will be to give young people aged 16-24 the chance to learn new and transferable skills as well as provide access to online learning to help them prepare for all aspects of employment - hopefully making all Kickstart employees 'work-ready' by the time they finish the programme.

Placements will be available across a broad range of service areas, from leisure and teaching to heritage management and more.

If you are aged **16-24**, at risk of long term unemployment, in receipt of universal credit, under the supervision of a DWP Job Coach, you are eligible.

For lots more information go to https://www.telford.gov.uk/info/1011/jobs/5194/kickstart_scheme

Do you, or someone you know need to build their digital skills?

Join our digital skills project for free training.

Call Ruth on 01952 567182

Never shopped online before?

citizens advice Telford & the Wrekin Learn My Way

WEA Adult Learning Within Reach

Here's a reminder about some brilliant new FREE 90 minute online workshops run by the WEA in Shropshire. They have been set up to help with different issues you might be experiencing.

Zoom for the first time: For people with the internet/Wifi but no prior experience of using Zoom for video calling.

Volunteers training session: Connecting our communities - for those with Wifi and some experience of using Zoom. For those supporting communities and isolated individuals to get online for the first time.

Learn online with the WEA: For people with Wifi and some prior experience of Zoom

If you're interested, please get in touch with Sue Last on 01952 240209 or email sue.last@telfordcarers.org.uk

And here is a link to all the latest courses through the WEA:

<http://www.wea.org.uk/west-midlands>

Citizens Advice Telford & The Wrekin



Have you been affected by coronavirus? Have you been put on furlough or been made redundant? Struggling to make ends meet and need help?

Citizens Advice Telford & The Wrekin is here for you. Contact us today for free, confidential advice on any of the issues listed on the back of this flyer.

Call us on: 01952 567193 or 0300 330 1165

Email us at: case@telfordcab.co.uk



Helping Hands out of Hardship:
Supports local people who are in financial crisis.
Please contact the Helping Hands worker:

07714 784778
helpinghands@telfordcab.co.uk

We're here for you, and can give free, confidential advice on any of the following:

Employment: Including furlough and redundancy advice.

Benefits: Find what you can claim and get help to do so.

Form Fills: Help to complete forms, including Attendance Allowance and Personal Independence Payment (PIP).

Housing: Advice on eviction and unsuitable accommodation.

Debt: Fully accredited and regulated debt team on hand.

Energy: Help to reduce your energy bills this winter.

And much more, including relationship, consumer and immigration advice.

Digital Skills: Need help learning how to get online? Get free training on using a computer and doing things online, including online shopping, video calls, looking for work and managing your Universal Credit account.

ruthadams@telfordcab.co.uk

PROMAS donate licences for carer learning

PROMAS offers online training and support created by carers for carers, to help unpaid carers to deal with the challenges they face. Whether it's managing stress, finding coping strategies, understanding Dementia, caring for yourself or caring for someone with mental ill health, we can help.

The Carers Centre **have been kindly donated 10 licences for 10 carers** to access all the courses that PROMAS offer. There are some FREE courses for anyone, but with a licence code you can access an additional four other courses. All the licences last a year and can be retaken as many times as you like.

PROMAS say: "The courses aren't a test - there is no grading or time limit. They are a self-help tool designed to keep you well in your role as an unpaid carer. The course bundle includes interactive quizzes, videos, downloads and worksheets for you to take at your own pace, whether it's for 5 minutes daily, or for an hour once a week. We give you plenty of hints and tips on how to acknowledge, rethink and balance the ways in which caring effects your life."

If you are interested in have a licence, please leave a message for Sue Last on our mainline 01952 240209 or email her on sue.last@telfordcarers.org.uk. Licences will be allocated on a first come/first serve basis. Sue will also email you instructions about signing up and logging on to PROMAS Online.

For more information see their website <https://www.promasonline.co.uk>



Heads up on NEW Adult 'Me Time' Art sessions with Caris!

Thanks to a successful funding application from St Georges & Priorslee Parish Council, Caris Jackson is now planning some Spring themed '**Me Time**' Art Sessions for adult carers - details of each session will be confirmed shortly.

Caris will produce the sessions in her usual successful and popular format over lockdown - **a demonstration video, accompanying instruction leaflet to print off, and contact with participants through a 'Me Time' Facebook page and email. For those without the internet, Caris will be happy to post full instructions.**

Session release dates via Facebook will be:

1 April, 15 April, 29 April, 13 May

To put your name down for the sessions, or with any queries, please email Caris direct at caris.jackson@yahoo.co.uk



Brilliant new partnership with Telford College for Inbetweeners

We're really excited about a new partnership between Telford College and our Inbetweeners group (16-24 Young Adult Carers).

The Media group at college will be collaborating with Inbetweeners to develop all sorts of branding and awareness raising material to raise the profile of this important group of carers, both nationally and within the Carers Centre.

Young adult carers have different needs and wants than young carers or adult carers in terms of activities, training and employment and it's important to give them a voice to express their views and feelings about what is a very important caring role.

Ideas include a bespoke logo for the group, a leaflet and perhaps even a video! Watch this space!



Especially for... ADULT CARERS



Mindful March



We're very aware of the struggles and worries carers may face in their caring role - add a pandemic into the mix and emotions are sure to be heightened.

We'd like to offer carers the chance to get one of our **Mindful Boxes** - packed with a range of items to help support you in managing your emotions and learning helpful techniques to reduce stress when times get tough.

Contents include: a Mindful Journal, Art Therapy book, Pens and much more . . .

The boxes are available throughout the whole of March for our carers - if you feel you would benefit from receiving one, please call the Carers Centre on 01952 240209 and we'll pop your name on our list and contact you to arrange social distanced delivery to your doorstep. Boxes are limited and will be allocated on a first come/first serve basis.

Also as part of **Mindful March**, at the **Adult Wellbeing Session** on **16th March** we'll be joined by a member of the **Primary Care Wellbeing Service** to talk about **Therapy and Cognitive Behaviour Therapy (CBT)** which promises to be a very interesting and helpful session.

Here is our full list of Adult Wellbeing Sessions through until the end of May - please put them in your diary! Throughout the spring and early summer we'll be having a mixture of guest speakers and general wellbeing get-togethers. Call ahead, or check out our social media posts, to find out what we have planned for that month/week!

Thursday 4 March at 1.30pm
Tuesday 16 March at 11am
Thursday 1 April at 1.30pm
Tuesday 13 April at 11am
Thursday 29 April at 1.30pm
Tuesday 11 May at 11am
Thursday 27 May at 1.30pm

We've had a brilliant offer from Greenfields Farm Shop of a donation of 30 Afternoon Tea Boxes for Two for carers!

This generous offer will include:

- Sandwiches
- Russell's Pork Pie and Scotch Egg
- Mini Hewitt's Sausage Rolls
- Chutney and garnish
- Scone, Clotted cream and Jam
- Crystals Cupcake
- Crystals Traybake

The Sandwich Menu is: Ham, Turkey, Beef, Chicken & Bacon, Coronation Chicken, Egg, Tuna, Cheese, Cheese & Spring Onion mayo mix.

There are also vegetarian, vegan or gluten free options.

If you'd like the chance to have a box, delivered to your doorstep, call us on **01952 240209** or email us at **danielle.stanko@telfordcarers.org.uk**. Boxes will be allocated on a first come/first serve basis. But don't be disheartened if you miss the chance this time - we'll have other wellbeing 'doorstep' offers throughout the spring and summer months. **Delivery will be Tuesday 30 March.**

more for Adult carers next page . . .



Signs of Spring Photography Competition

Why not get out in the open air for some lovely walks during April - and make it an opportunity to take some photographs of the 'Signs of Spring' - and then enter our fantastic Easter competition!



You could be **ONE OF 4** lucky Adult Carers winners to receive a **National Trust Annual Family Membership**, on a Gift Card to activate when you are ready.

Start sending your photos to us **from 1 April onwards**. Winners will be selected by the CEO of Telford and Wrekin CVS during week beginning 10 May.

Send your entries to danielle.stanko@telfordcarers.org.uk or jade.meredith@telfordcarers.org.uk.

Arts and Crafts in lockdown . . .

Since the beginning of lockdown in March last year, local professional artist, Caris Jackson 'hit the ground running' and has been providing brilliant online sessions for all of our carers, including several series of 'Me Time' courses for adults and lots of arty crafty sessions for Young and Young Adult Carers - she's currently hosting the Young Carers Art Challenge competition with a monthly theme and a prize!



Her creative ideas and accessible approach (online video session, with accompanying instruction handouts and 1-to-1 support if required) means our carers have benefitted in so many ways from her support - improving their creative skills, taking their thoughts away from worrying Covid issues, and generally increasing their wellbeing.

"I have really enjoyed and appreciated the sessions direction. They took me from a dark place and inspired me, seeing a respected teacher restored some confidence and desire to have a go; following the suggestions led me to have the interest to do more." From a Carer



Thank you Caris! It's been a great arty crafty year!

Follow Caris on Facebook @CarisArts

Christmas seems a while ago now - lots of doorstep deliveries and online workshops! For those who haven't seen these pics on Facebook here are some memories!

All Carers Christmas Catch-Up





Spring Highlights!

- New Inbetweeners group members on board **4**
- Successful university Carers Grant **1**
- Successful employment offer **1**
- Participants on Hive Media Project **6**
- Successful placements as National NHS Champions **2**
- Wellbeing Packs distributed **2**
- Regular Zoom get-togethers attended **2**



WHAT IT'S BEEN LIKE FOR INBETWEENERS IN LOCKDOWN BY JESSICA

Recently at Inbetweeners we've been finding new ways to stay in contact for our mental health - so that we can all stay in touch on a regular basis, holding Zoom calls, where we complete scavenger hunts, or just have a catch-up for 40 minutes.

We've also taken part in some workshops with The Hive that were really interesting and a great new experience for us all to learn. Everyone at the Inbetweeners uses our new WhatsApp group where we post photos of what we have been up to, the most recent being our Cupcake Decoration Competition.

I've found it to be a great way to make sure I take time out for myself and my friends and have that break from caring, which can be more difficult now that I'm at home all the time.

I've found it to be a great way to make sure I take time out for myself and my friends and have that break from caring, which can be more difficult now that I'm at home all the time.

The Inbetweeners have helped with support more recently as I apply for university. They have helped me with my application for a Young Carer Bursary and backed it up with evidence to show that I qualify for the Bursary at my chosen university.

My sister has also been able to join the Secondary Young Carers Group after watching me take part in my Inbetweeners WhatsApp group calls and get the activity bags that are handed out over the holidays.

Being a young adult carer this year has had it's ups and downs. We are all stuck at home with some of us having to carry out A-Levels or university from home as well as caring. However, our Zoom calls and regular activities are keeping us all sane and well.

Thanks Jessica for sharing your Inbetweeners lockdown story!

NHS Latest Health Champion News!

Following the success of the 2019/20 NHS Health Champion programme, in which 3 of our Inbetweeners group participated with other carers around the UK, we are once again successful and have two new Inbetweeners about to embark on this year's programme!

Our first adventure will be a weekend away at Condover Outward Bound Centre (Covid allowing) - a great opportunity to meet the new team and challenge ourselves with a few zip wires and high ropes.

Even better news is the success of Teigan, one of last year's participants who was successful in her application to become one of three mentors chosen to support the programme and mentor our new applicants this year. Teigan played an incredibly active and involved role within the programme last year and we're so proud of her achievement in being chosen as a mentor.

Watch out for further updates and maybe you'd like to join our Inbetweeners group and be considered for next year's programme. If so, please **contact Lucie at lucie.roberjot@telfordcarers.org.uk**



Call or text: 07878 457141 (Young Carers 5-18) or 07817 090054 (Inbetweeners 16-25)
info@telfordandwrekinyoungcarers.org.uk

YOUNG CARERS 5-18



Well, what a year! In and out of lockdown and now soon back in school. We know how difficult it's been for all our young carers and we're all hopeful that things will start to get back to normal soon. We've listened to you, and understand home-school has been difficult for some of you and you've missed getting out and about doing even the easiest of things - spending an hour or two with friends, organised school and home visits and events, seeing grandparents and other family, sports, shopping - and lots more things that you've told us about. And of course so many of you have told us that you've been worried about the person you care for even more than usual. We're always here to listen and help whenever you want a chat (or leave a message and we'll get back to you) - **call, text or use Mind of My Own.**

We feel really pleased that we're continuing to run our virtual Youth Clubs for the foreseeable future - and we're having a full period jam-packed with all sorts of online projects and events to get young carers together and have some fun! Log on and join in!

For our get-together group sessions so far this term we've had:

- Christmas Catch-Up and hopes for the year ahead - Secondary and Primary Youth Club
- Spontaneous Storytelling from our friends at The Hive - Scavenger Hunt getting objects from around the home and weaving them into a story - Primary Youth Club
- 'Tuned In' Media Project - again from The Hive - Creating music, lyrics and art to all go together to create a piece of work (we waiting for the finished piece and will then publish on Facebook!) - Secondary Youth Club, 2 sessions.
- Creating a Dadist Poem from news article words - The Hive.



And we've got some very special events coming up in March!

- Pentabus Theatre Company in association with Attingham Park - see the flyer on our Facebook page. 11-18 years including younger Inbetweeners x 2 sessions
- 'Tuned In' Media sessions for Secondary age - these are 2 x additional Youth Club sessions
- Smash Life - Youth Life Coaching session - Primary age
- Mental Health Workshop - Secondary age

10-14 years? And love arty projects?

Come and join our Young Carers Art Challenge!

Online Workshop with Caris Jackson Arts

New Challenge every month!

And a £15 Voucher Prize! Plus Runner Up Prize of £5 every time!



Get in touch with Karen by texting on 07878 457141 or email info@telfordandwrekinyoungcarers.org.uk

Everyone should have had a letter from us about our new app called MIND OF MY OWN ONE APP - our aim is to get as many Young Carers signed up as possible! It's a great way to get in touch with us. See the letter and follow the instructions about how to sign up and log on - we'll look forward to hearing from you! Or call us and you get online!



PRIMARY AGE YOUTH CLUB
EVERY Wednesday 4.30pm

SECONDARY AGE YOUTH CLUB
EVERY Wednesday 6pm

INBETWEENERS GROUP
Fortnightly Tuesdays 5pm



All Sorts of useful links and numbers

We hope our continuing one-to-one calls go a long way towards helping those who don't have, and use, IT currently. If you have changed your email, phone (or address) since you registered with us, please do ring to give us your new information - it will only take a few minutes.

To ensure you receive all the information you need, and to have full contact with CVS, the All Age Carers Centre and other organisations, here is a list of important contact links which we are repeating in each newsletter throughout this period for new carers - most have telephone numbers for those without IT at home.

Main All Age Carers Centre number: **01952 240209**

All Age Carers Centre email: admin@telfordcarers.org.uk

Young Carers email: info@telfordandwrekinyoungcarers.org.uk

Main Telford and Wrekin CVS number: **01952 916035**

Go in and 'Like'/Follow our Facebook pages - please!:

Young Carers <https://www.facebook.com/telfordcarers>

Adult Carers <https://www.facebook.com/telfordcarerscentre>

Telford and Wrekin CVS <https://www.facebook.com/TelfordCVS>

Go to our Website and link to the Coronavirus update page.

<https://www.telfordcarers.org.uk/coronavirus-updates>

We also have referral forms on the home page of the website for professionals and new carers

The CarersUK site has many pages of extremely comprehensive information for carers at this time. <https://www.carersuk.org/coronavirus-covid-19>

Telford Senior Citizens Forum: Tel 07932 828333 or 07552 975676 Mon-Fri between 10am and 4pm <https://twseniors.org.uk/>

Emergency Response Carer Service 01952 385385 select **Option 3** when prompted to provide care for the person you look after if you cannot. After 5pm or at weekends call **Emergency Duty Team on 01952 676500**

General Information in relation to Health and Social Care and not registered with a social worker call the **Wellbeing Independence Partnership 'My Choice'** on **01952 916030** or **01952 385385 option 2.**

Shopping. There is a general information line on **01952 382030.** Online go to www.telford.gov.uk/isolationsupport

NHS Volunteers 0808 196 3646 - help with shopping/medication and other emergency supplies

Emergency Welfare Assistance 01952 380400

Emotional Health Crisis (potential suicide or similar) call **Mental Health Access Team 0300 124 0365**

Mental Health Services are extended to 24 hours during pandemic. There is a **24/7 all age mental health service** providing telephone support, advice and triage. This can be accessed via **Access 0300 124 0365.** There is also a link from the home page of www.mpft.nhs.uk

For people who think they are extremely vulnerable but have not been sent a letter by the government go to <https://www.gov.uk/coronavirus-extremely-vulnerable>

AgeUK are offering a Covid asset spreadsheet which can be filtered by area/type of service etc. Most up to date version will be on AgeUK website.

<https://ageuk.org.uk/shropshireandtelford/about-us/news/articles/2020/coronavirus-covid-19-update>

Citizens Advice. Two local lines and email enquiry system staffed 9-5 weekdays or national site www.citizensadvice.org.uk

01952 567193 Callers will be asked about their problem and if they need more than brief information they will be called back by an adviser for a more in-depth interview. **0300 330 1165** is advice line **01952 567174** is for people wanting food parcels

If you are having problems claiming **Universal Credit** call **0800 144 8 444** or national webchat support www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptoclaim which will send enquiries through to local advisers.

Email enquiries to case@telfordcab.co.uk or write to **Citizens Advice Telford and Wrekin** 40 Tan Bank, Wellington, TF1 1HW. [//www.nhs.uk/conditions/social-care-and-support-guide/](http://www.nhs.uk/conditions/social-care-and-support-guide/)

For carers struggling to maintain the house/shopping/chores:

Help at Home Age UK - Age UK Tel **01743 233123**

<https://www.ageuk.org.uk/services/in-your-area/home-help>

A paid service that helps with day-to-day domestic tasks

Energy Saving MEA (Midlands Energy Agency) Tel **0800 677 1307** email advice@mea.org.uk

Supporting householders to help reduce fuel poverty and cold homes. Free advice.

Assistive Technology - Gadgets and Equipment

https://www.telford.gov.uk/info/20578/assistive_technology

Trusted Handy Help Paid help with any household jobs and repairs. Run by Wrekin Housing Trust. Tel **01952 217200** <https://www.trustedhandyhelp.org.uk>

Information Technology - Hardware and Software

<https://abilitynet.org.uk/at-home>

Volunteers who offer free computer support to disabled and older people.

Tel **0800 269 545** Email enquiries@abilitynet.org.uk

Care by Communication Paid personal support and consultation for setting up all IT (phones, computers, laptops, alarms, billing areas).

<https://www.carebycommunication.co.uk>

Citizens Advice. FREE training on using computer, including shopping, video calls, looking for work and managing your Universal Credit account.

ruthadams@telfordcab.co.uk <https://www.telfordcarers.org.uk/coronavirus-updates>