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Portsmouth Carers Centre e-news



A few things we'd like to share with you

We're in demand!

Many carers have needed our support more than ever in these challenging times which means we're extremely busy at the moment. We are prioritising people who need support urgently so if your enquiry can wait please consider contacting us at a later date.

If you do need to speak to us, get in touch in the usual way but bear in mind that it might take slightly longer than normal to get back to you. If your enquiry is urgent please let us know.

You can contact us by calling 023 9285 1864 (leave a message and we'll get back to you) e-mail carerscentre@portsmouthcc.gov.uk. or send us [Facebook](#) message.

!! New !! Starting on 13th August

With the ongoing restrictions related to Covid-19, it has been difficult for many of our wonderful carers groups to meet up in person and at the moment it is not clear when these restrictions will be lifted or how we can facilitate face-to-face contact. With this in mind...

We are launching virtual carers catch ups!

On the **second Thursday (2-4PM)** and **fourth Tuesday (11AM-1PM)** of every month we will be

hosting **Zoom sessions for carers** who would like to catch up with each other, find out more about what services are available and how they are operating or simply see some new faces or 'talking heads' as we have come to know them!

If you are interested in joining us then please email us at carerscentre@portsmouthcc.gov.uk and let us know which session you would like to join and we will send you the zoom link.

It is very informal so don't feel you have to join in the whole session, if you want to join for some of the time then that is absolutely fine!

Our consultation is still open

We are looking for more carers who would like to share their experience and views which will feed into the next Strategic Plan for carers' services. It could be your views on one particular issue or service, or you could tell us about your journey as a carer. We are available over the phone or zoom, but for those who have just a few minutes, there is a short survey: <http://ratenhs.uk/99WJRt>

If you'd like to share your views, give us a call or send us an email us and Chris will get back to you.

Young Carers summer holidays information

As this year is so different, the Young Carers team are sharing the summer programme a week at a time, a week in advance. There will be lots of activities for young people to do on their own or try together as a family. Young carers can also join some YC Zoom sessions (these will need to be booked onto in advance) and there will be the opportunity for families to access some on-line activities.

If you have ideas, thoughts and suggestions on the activities, to put together the following weeks programme, so they look forward to hearing from you!

Is your child is a young carer age 8-25 and not known to the team?

Get in touch with Young Carers on 023 9268 8499 or youngcarers@secure.portsmouthcc.gov.uk

Find more on support for young people at www.portsmouth.gov.uk/ext/health-and-care/carers/young-carers

Community services

Many community places and services are still closed, available online or just opened recently at reduced capacity. So if you're eager to get back in there, check their website or give them a call to find out when you'll be able to access them again.

Similarly many health services started booking some appointments and home visits, therefore you may have finally received awaited new date for medical appointment or will soon hear from the team who are supporting you.

Age UK new Emergency Response Project

Age UK can provide support during the rehabilitation period for those who are over 50's and recently discharged from hospital or at risk of a hospital readmission. They will provide help around the home: cleaning, shopping, laundry, accompanied visits, prescription collection,

gardening, install a key safe, grab rails, do benefits check, provide veteran support and more. Contact Age UK on 023 9286 2121.

SCAMS & FRAUD

Be vigilant, there are many scam messages sent by email or text informing on issues with your account or payment and asking you to click on the link.

Don't click it, it's a SCAM.

Find the list of common online and email scams to be wary of [here](#)

You may also receive a call when someone states that you were close to someone with Covid and asking you to pay for the test. Tests for coronavirus are free, no one from NHS Test and Trace will ever ask you to pay for a test. You will also NOT be asked to provide:

- ✗ any passwords
- ✗ bank account details
- ✗ pin numbers

If you've been scammed or worried about it, get in touch with Citizen Advice on 023 9400 6600

Online support

Groups and activities are still mostly on hold but there are many ways to keep in touch with others or with carers who are in similar situation.

Carers UK holds Care for a cuppa zoom meetings, follow their [Facebook page](#) for details

Portsmouth Parent Voice holds monthly online drop ins- next one is about [going back to school](#).

The Good Mental Health Cooperative holds weekly [online Chit Chat Cafe](#) and variety of online wellbeing sessions as well as Mindfulness session twice a week. [Find more here](#).

Alzheimer's Society holds weekly Singing for the brain sessions for people with dementia. They are via zoom and have about 20 local people joining. If you haven't tried it yet, call Pam on 07725641212 and ask about the details.

Mobilise Cuppas are for carers to come together to share stories, tips, tears and laughs. They're a place to listen and be heard, give and get advice, and help people like you across the UK. [Find more here](#).

Support for your wellbeing

Do you feel down, anxious and find it hard to cope with what's going on around us due to coronavirus? Would you like to find out how to deal better with feeling low, stressed or worried due to your caring role? Get in touch with Positive Minds and talk to Wellbeing Advisor. They may offer you taking part in of the virtual workshops to learn how to cope with those feelings. Those who feel they would be better having a face to face chat are now able to book an appointment. Veteran family? There is a support for you from ex-service advisor.

Positive Minds are available to call between 10.30am-5.30pm on 023 9282 4795

Are you missing carers cooking sessions?

Jayne created few video tutorials for easy but very tasty dishes.

It was a family effort as Janye's husband Gordon filmed her and Max who is her daughter boyfriend edited the videos which you can find them [here](#).

Would you like to see more tutorials? We would! But we need your help! You need to ask Jayne to film more! If you have her direct contact please email her and let her know, otherwise email us on carerscentre@portsmouthcc.gov.uk and we'll pass it on!

Parent carers

HIVE Portsmouth will soon launch **School Uniform Exchange** at pop up community shops across the city, helping children to get the best start when they go back to School in September. They already started collecting unwanted uniforms and PE kits. More on [HIVE FB page](#).

New TV licence rules

New rules have been introduced limiting free TV licences to over-75s receiving Pension Credit on 1st August 2020. Therefore pensioners are urged to check if they're eligible for Pension Credit. You can use [pension credit calculator](#) to find out if you, your family members or a friends are eligible.

Is money a struggle?

Have you been furloughed or made redundant and your family income feels the squeeze?

Hard to pay the bills? Falling behind with rent?

Don't get into hard to manage debts- ask money advisers for assistance now.

Just contact:

Citizens Advice Portsmouth on 023 9400 6600

Advice Portsmouth on 023 9279 4340

Or your housing office if you are council or housing association tenant

Take part

As usual there are a few surveys asking for your opinions on various matters.

Kings College study aiming to record carers' experiences of the COVID-19 outbreak, explore how the outbreak has interated with their caregiving role, to measure their psychological wellbeing, and needs for information and support. [Link to survey](#).

The Violence Reduction Unit want to ask young people why they think serious violence happens, how it can be stopped and how to help people feel safer and happier where they live, work and have fun. [Link to survey](#).

Carers UK Physical Activity Pilot

Carers UK are launching a pilot project in partnership with Sport England to find out more about the support unpaid carers need to take part in physical activity. Find out more and register your interest [here](#).



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