

Carers Newsletter



To all Carers in Warrington

We just wanted to remind you that during this difficult time of Covid-19 restrictions, Warrington Carers Centre is still running a service for all Carers to ensure that you feel supported during this time. You can speak to a carer's support worker who will be able to offer you advice and information on any issue affecting you and your loved one. We can offer you emotional support if you feel that you need to talk because you are anxious or overwhelmed. We can speak to you on the phone or you can contact us via email. We are happy to contact you using video call apps.

All our staff are here to make sure that you and the person you care for feel a little less isolated. We have nearly 3,000 people registered with us in Warrington for support and we will continue to do our very best during this period.

Carers - please click the link below to tell us about your concerns and support needs during this period of Coronavirus/Covid-19 emergency government restrictions and we will contact you to see how we can help

Carers in Warrington
Click here

We are updating daily a [Covid-19 carers advice and information page](#) on our website, you can access it [HERE](#). We also update our Facebook regularly, link [HERE](#)

You can find out up to date information about our services and as the Covid 19 lockdown restrictions hopefully ease, we'll be pleased to let you know when we can re-open the Centre—watch this [space](#)

WIRED are an independent charity, offering confidential, non judgemental support and advice to both young and adult carers. Our services include:

- ◆ **EMOTIONAL SUPPORT**
- ◆ **COUNSELLING SERVICE**
- ◆ **DROP IN/SUPPORT GROUPS**
- ◆ **SIGNPOSTING AND REFERRAL SERVICE**
- ◆ **SUPPORT AND ADVICE IF YOU OR THE PERSON YOU CARE FOR GO INTO HOSPITAL**
- ◆ **FREE LIVEWIRE LEISURE PASS**
- ◆ **EMERGENCY CARD—A 24hr RAPID RESPONSE MESSAGING SERVICE**
- ◆ **QUARTERLY NEWSLETTER**
- ◆ **COMPLEMENTARY THERAPIES**
- ◆ **YOUNG CARERS SERVICE**

Charity No: 1060105 Comp No: 2997803



INVESTOR IN PEOPLE

t. 01925 633492 www.wired.me.uk/Warrington-Carers-Centre

Carers Week 2020

When you're caring for someone, it is really important to ensure that you look after yourself too. This is particularly important at the moment when some people are increasing the amount of unpaid care they provide.

Caring can be very rewarding, but without the right support it can have a negative impact on your health, career, finances and relationships.

This year, you may have found that your caring role has become more challenging, or you may have taken on new caring responsibilities.

Need information and advice?

Carers Week is brought to you by charities with different specialisms and a shared goal of helping you get the information and support you need in your caring role. This includes how to care for yourself and the person you are caring for during the coronavirus outbreak.

To find information tailored for you, contact the [Carers Week supporter charity](#) that seems most relevant to your situation.

Looking after someone can be hard work and carers often miss out on the support services available to them.

Over the last few months, the coronavirus crisis has made it harder to know where to turn for support. Getting a carer's assessment, which looks at what support you might need, can be still an important starting point. A break from caring can still be arranged; and services can still help with getting the right equipment to care safely or getting carers support with improving their own well-being.

Wired Carers Services can connect carers to a range of support that is available locally and will provide up-to-date information and advice.

Please contact us either on **01925 633492** or complete the carers online wellbeing survey (link on the front page) and we'll contact you.



The more visible carers are to the wider health and care system, the more their contribution and need for support will be recognised.

WIRED CARERS WEEK

To celebrate this year we are going to do things a little differently.

We will be hosting virtual Coffee Mornings, quizzes and activities.

The dates and times for these will be published on the Carers Week page on our website on Friday 5th June link [HERE](#).

Let's make this years Carers Week a winner by making carers visible

Do you know any carers who can't email, then please pass on our telephone number—let's get them connected.

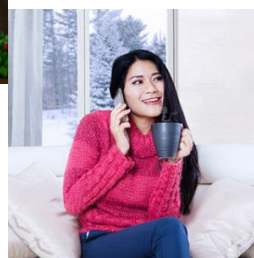
Tel: 01925 633492

Time for a cuppa and a chat?

Sometimes it's important to take a little break, make yourself a cuppa and spend some time talking to someone who understands what you're going through. But while we are self-isolating and dealing with so many other things, it can be hard to find ways to connect with others.

If you would be interested in joining a 'Carers buddy up', where we would introduce you to a carer in your area who is also registered with Wired—please let us know.

You could then telephone or email for a chat, advice, support, you could make a friend in your area who, when it's safe to do so, you can meet for a coffee — either email or telephone us on 01925 633492 or wcsadmin1@wired.me.uk for more information.



tide - together in dementia everyday



Are you a carer or former carer of someone living with dementia? Do you want to make your voice heard?

Tide (together in dementia everyday) is a UK-wide involvement network for carers and former carers of people living with dementia. Carers tell us that their voices are often not heard and their own needs go unrecognised.

We work with you to ensure that your voice is heard. For some of you, this might be through supporting you to become more confident in talking to professionals about the person you care for. For others, it might mean supporting you to share your experience and ensure that carer voices are heard by decision makers.

You can be as involved as much or as little as you would like to be.

Our main activities usually include:

Carer Involvement Network:

Connect with other carers and meet face-to-face at various events and via social media; receive our newsletter

Carer Development Sessions:

Various sessions to choose from e.g.

- Welcome to tide—An informal introduction to getting involved
- Maze Runner—Understanding the health and social care system
- You Can't Pour from an Empty Cup—How to look after your emotional health
- Speaking to Influence —Speak with

- confidence to achieve your goal.

Opportunities to Influence:

Have your say on services, policy and research. I common with many other organisations, we are not able to meet carers face-to-face and offer all our usual activities at the moment, so we have asked out current members what would be most useful to them during this difficult time.

If you'd like to get involved, you can sign up at [Tide](#) and click on 'Join tide'. Our website now has a Covid-19 resource section where we have gathered information, advice and activities:

[Tide/Covid19](#). Please keep checking on this page, as details of our Zoom Coffee mornings and other online activities will soon be available. We have set up a closed Facebook group which we hope will support you as carers and give you a platform to talk to other carers. All topics are welcome and only the people in this group can see what is written. You can access the group here:

[Facebook/Tidecarerssupport](#) You can follow us on Twitter here: [Tide/Twitter](#).

There are still opportunities to share your experience and get involved in research. You can also talk to **Sarah**, who is our Carer Involvement Lead for Merseyside and Cheshire. She will be very happy to talk you through what we do, answer any questions, and generally keep in touch. She can be contacted on: **0151 237 2669** or SarahB@lifestorynetwork.org.uk



THE HIDDEN DISABILITIES SUNFLOWER

Not all disabilities are visible – some are not immediately obvious, such as learning difficulties, mental health as well as mobility, speech, visual or hearing impairments. Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to recognise, acknowledge or understand the challenges you face.

Be visible when you want to be

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around you including staff, colleagues and health professionals that you may need additional support, help or a little more time. Individuals with invisible disabilities are encouraged to get one and wear it, so where there

are trained staff in shops and services they are able to offer individuals additional help. The scheme is currently used in Warrington at Tesco, Golden Square and Sainsburys, though more retailers are always coming on board.

The Sunflower Lanyard acts as a discreet sign that the wearer (or somebody who is with them) has a hidden disability and requires additional assistance. There is no qualifying list to being able to access a lanyard as we do not exclude people who have yet to be diagnosed and whose daily life is made more challenging by their hidden disability. Link to Hidden Disabilities Website [HERE](#)

Lanyards can be obtained for FREE from WDP – just call 01925 240064 to check availability and which shops are able to provide them.



Support Groups

Our Support Group timetable is currently suspended—we'll be back up and running when it's safe to do so, we'll keep you posted on our website [HERE](#).

In the meantime here's a reminder of the days and times of the sessions and what they are about.

What are they?

- *"No one understands a carer like another carer"*
- *"It's very easy to feel isolated as a carer, it's nice to talk to fellow carers who understand the difficulties that we all go through. Looking forward to the next meeting."*
- *"Found I could laugh again and enjoy the company of others. Enjoyed the discussion with other like-minded carers."*

Our support groups are primarily about carers giving mutual support to other carers, so they don't feel so isolated and their wellbeing is improved, there are also Support Workers and Volunteers at the groups.

Conversations don't always revolve around your caring role, sessions can be lively, entertaining, thought-provoking and stimulating. We often invite

speakers from other organisations such as Healthwatch or the Fire Service to come along and provide information and advice.

Groups run regularly at The Centre, Lymm, Fearnhead, Warrington Hospital—details below. If you are feeling isolated in your caring role then these may be the groups for you.

If you haven't attended our Support groups before and wondered what they are all about, what happens there and if you would get any benefit from them? Here are a few comments from carers who attend our Drop In at Fearnhead:-

- *As a newcomer I felt very welcome,*
- *Other carers help in suggesting places and where to access help, especially when you have a difficulty.*
- *Not female dominated, men are most welcome.*
- *Handy tips which can be so simple and help no end.*
- *None judgemental, can openly discuss any issue.*
- *Friendships are formed and troubles shared.*
- *Lots of laughter, pleasant atmosphere.*

THE FIRST & THIRD MONDAY OF THE MONTH

1.30-3.30pm

EVERY TUESDAY

10am-12pm

FIRST TUESDAY OF THE MONTH

2-4pm

EVERY WEDNESDAY

10am-12pm

THE SECOND WEDNESDAY OF THE MONTH

6.30-8.30pm

EVERY THURSDAY

10am-12pm

THE SECOND THURSDAY OF THE MONTH

10am-12pm

THE OLIVE TREE COMMUNITY CENTRE
Chapel Lane, Penketh, WA5 2NB

LYMM YOUTH AND COMMUNITY CENTRE
Bridgewater Street, WA13

WARRINGTON HOSPITAL MAIN ENTRANCE RESTAURANT, Lovely Lane

CARERS U-KNITTED CRAFT GROUP
@ The Carers Centre

EVENING SUPPORT GROUP
@ The Carers Centre

FEARNHEAD COMMUNITY CENTRE
Insall Road, Padgate, WA2 0HD

DEMENTIA CARERS ADVICE and INFORMATION @ The Carers Centre

Carers Emergency Card

Get a carer's emergency card from us. The card shows you are a carer and puts in place an emergency action plan if you are taken ill or there is an accident or similar emergency. If you don't have a card, please ring 01925 633492 or email wcsadmin1@wired.me.uk, and we can post/email the Emergency Card Action Plan to you to complete.

The card can also be used as proof of your caring role, should you need to access supermarkets or for distance travelling.

**A 24 hour
Rapid Response
Messaging
Service
for Carers**