

Wolverhampton
**Carer
Support**

Wolverhampton Carer Support Team

October 2020 Newsletter



**HERE
TO HELP**

ALWAYS HERE TO SUPPORT YOU

As autumn approaches, our carer support team continues to support you and offer helpful advice during the Covid-19 pandemic.

We are slowly getting used to the 'new normal' and have been very busy providing invaluable support and assistance, particularly helping with issuing carers emergency cards. Health and well-being is so important, particularly at this time, and we will continue to promote positivity in a time of uncertainty.

For the latest government advice on Coronavirus and information about local restrictions, visit:

<https://www.gov.uk/coronavirus> or visit:

<https://www.wolverhampton.gov.uk/coronavirus-advice-and-information/local-restrictions-wolverhampton>



CORONAVIRUS
**STAY ALERT TO
THE SYMPTOMS**

**HIGH TEMPERATURE
OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES



Our fantastic Community Support Team are also here to help!

Wolverhampton Community Support Service

What we do:

The community support service offers information and confidential advice for adults living in Wolverhampton, to assist with well-being and independence.

We will connect the individual to other appropriate organisations or groups within their own communities, in order to meet their required outcomes and prevent loneliness and isolation.

*Follow us on social media and find out what is going on in your local area

*Discover local friendly groups to join

*Engage with your community and receive quality advice and information



Need help? Call us: 01902 553445

Like & follow us on social media :

WolvesCommunityOffer



wolvescommunityoffer



Email: community.support@wolverhampton.gov.uk

Jo Evans, from The Community Support Team, discusses how they have worked with 'Be Safe Be Kind' during the lockdown, and have provided a valuable connection with lonely and anxious members of our community, to reassure them of our continued support.

The team have also worked with Healthwatch , Wolverhampton , to assist people with shopping, prescription collections and offer emotional support during this difficult time.

They accessed local connections to enable people to be able to access essential food items from the Well, Elias Matu Foundation, Polish and West Indian local shops.

The team listened to people's concerns and have kept in contact via regular well-being phone calls. Members of the community praised the support they have received.

"It's hard to explain the difference these calls mean to an older person like me, due to my blindness, I am shut off from the world at times and you open a door to the outside world , just by chatting to me".

"It's nice to know that I have a number I can ring, if I need help"

"Getting these food parcels has been a God send. You don't know the difference it makes to a disabled person, not having to worry about getting shopping, especially when I have been told to self-isolate for 12 weeks"

"I look forward to our chats. I know that there is help if I need it. "

The community support team are always there for a friendly chat during this difficult time.

Useful Contacts

Carers UK: 020 7378 4999

Carers Trust: 0300 772 9600

Dementia UK: 0333 272 3102

Alzheimer's Society: 0333 150 3456

Age UK: 01902 572060 or 0800 678 1602

Spurgeons Young Carers : 01902 877550 or 01933 417388

Compton Care: 01902 774570

If you know someone who is struggling to look after somebody, or if you need some friendly advice and guidance, give our carer support team a call on 01902 553409

or email:

carer.support@wolverhampton.gov.uk



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Like and follow us on social media:



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News and Updates



GP survey-

Would you like to know how well your GP practice is performing?

Visit <https://www.gp-patient.co.uk/practices-search> to find out. You can also visit www.gp-patient.co.uk and access the results.

Flu vaccine-

It is important to get a flu vaccine this Autumn / Winter. Carers can obtain a flu vaccine without charge, if they are in receipt of carer's allowance, or if they are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill. People that fall under this category can obtain this at their GP practice or pharmacy. Visit

<https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why> to view useful information and stay well this winter.



Online prescription services-

During Covid-19, It is helpful to be reassured that you can order your prescriptions online. When you order a prescription online, you can have it sent electronically to a pharmacy or dispenser of your choice. You no longer have to collect a paper prescription from your surgery. You can choose to have medicines delivered to your home or collect from a pharmacy.

Visit <https://www.nhs.uk/using-the-nhs/nhs-services/pharmacies/how-to-order-repeat-prescriptions-online/> for more information.

**Online shopping websites for carers-**

Check out the family carers website for information on discounts and freebies for carers

<https://familycarersnet.co.uk/good-to-know/discounts-and-free-stuff-available-for-carers/>

The **hidden disabilities store** is great for lanyards, ID badges and supplies and is highly recommended by our carers.

Visit <https://hiddendisabilitiesstore.com/shop.html>

Health and Well-being

Self care september highlighted the importance of looking after yourself both mentally and physically during the pandemic, whether this is making time for your own needs, or realising that it is ok to say 'no'.

Visit

<https://www.actionforhappiness.org/calendars> to view the self-care calendar.

**World mental health day (October 10th 2020)**

Just like our physical health, we must look after our mind. Exercise, a balanced diet, plenty of sleep are key factors influencing our mental health.

During this difficult time, mental health is even more important.

It is so important to talk about your feelings, keep in touch with others, take a break when you can and accept who you are. These factors all boost your self esteem.

Visit

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day> for tips and advice if you are struggling with your mental health.

Future virtual carer cafes via Microsoft Teams-

We have had a great response from our virtual carers cafe events and will be hosting more in the near future. For updates, please follow our social media channels and stay in touch!

CITY OF
WOLVERHAMPTON
COUNCIL

What would you like to see?

If you would like to see any particular features in the next newsletter, or if you have any articles that you would like us to feature in the next newsletter, let us know!

Email:
carer.support@wolverhampton.gov.uk

