

LETTER FROM CATHY MAGOWAN CARERS COORDINATOR

Dear Carer/s,

You will all be aware of the very concerning situation with the spread of Coronavirus (Covid-19), and be dealing with that in your families and communities. As Carers Coordinator I wanted to write to update you on Carer Support activities and the current Coronavirus (Covid-19) crisis.

Due to the Government restrictions all carer support/walking groups and planned events for Carers Week 2020 have been cancelled or postponed. No doubt you will be disappointed by this news but I'm sure you will understand the need to take this action.

We are taking this opportunity to update (cleanse) the Carers Mailing List. Our aim is to:

- ◆ Update the details of current Carers (this includes carers who still have a caring role for someone in nursing home care).
- ◆ Remove the names of people who are no longer carers (the person you cared for is now deceased).
- ◆ Where possible establish an electronic mailing list with up to date email addresses in order to reduce the number of newsletters being printed and posted.
- ◆ Under GDPR update consent to hold your details.

To remain on the carers mailing list please complete the Carers Mailing List consent form enclosed or online at <https://westerntrust.hscni.net/service/carers-support-service/>

and return by **Friday 10th July** to: *(If we don't receive a form or contact from you, your details will not be included in the revised mailing list).*

Carers Support Office
WHSCT
2 Coleshill Road
Enniskillen
BT74 7HG

Coronavirus (Covid-19) has brought a unique set of concerns and worries for Carers. If you or the person you care for experience typical Covid-19 symptoms (high temperature, persistent new cough, breathing difficulties) please follow the current Government advice, stay at home, self-isolate and check the NHS website or call NHS 111 or call your GP for advice. If you have queries regarding a care package for the person you care for please contact your key worker (nurse or social worker).

If an issue arises out of hours that cannot wait until the next working day contact:

Medical - Western Urgent Care (028) 7186 5195

Social care - Regional Emergency Social Work (028) 9504 9999

Carers Northern Ireland has an excellent website and advice line which you can access from this link:

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

LETTER FROM CATHY MAGOWAN CARERS COORDINATOR (continued)

NHS Website

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

PHA

www.pha.site/coronavirus

Local Council information

<https://www.fermanaghomagh.com/covid-19-coronavirus-information-advice-council-services/#community>

<https://www.derrystrabane.com/Council/Corona-Virus-Advice/corona-advice>

We recognise that this is a very worrying time for you all and hope that some of this information will be of use to you. We will use the Western Trust Carers Information page to share and further advice and information.

<https://westerntrust.hscni.net/service/carers-support-service/>

Benefits

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-and-benefits>

Please take care and stay safe. **Carers Support contact details are as follows:-**

GeraldineAnn.McLaughlin@westerntrust.hscni.net

Tel: 028 7135 5023 or Mobile: 078 1015 6551

Cathy.Magowan@westerntrust.hscni.net

Tel: 028 6634 4163 or Mobile: 075 2589 8985

Yours sincerely,



Cathy Magowan

Carer Support Co-ordinator



NEWSLETTER CONTENTS

1. Coronavirus (Covid-19) Carers Update
2. Update Continued
3. State of caring survey
Benefits
4. Benefits Advice agencies
5. Carers Forums & Covid-19 info
6. Self care during isolation
7. Consent form for Carers Mailing List
8. Return Address

BENEFITS INFORMATION

State of Caring Survey Goes Live!

Message from Carers NI General Manager Clare-Anne Magee.

There are an estimated 272,500 people in Northern Ireland caring unpaid for a loved one who is older, disabled, or seriously ill.

Their situations vary. Some people care round the clock, others for a few hours a week. Some look after a relative in their own home, while others travel miles to care for a friend.

For lots of people, caring can feel like the right thing to do when a loved one needs support, but often it has an enormous personal impact that is underestimated by others.

We know that 72% of carers have suffered mental ill health as a result of caring, and 61% have suffered physical ill health. 8 in 10 carers say they have felt lonely or socially isolated. Every single day, 600 people give up work to care.

It's thanks to carers telling us about their experiences that we are able to explain to politicians and policy makers the serious challenges they face, and fight for lasting change.

By filling in Carers UK's 2020 State of Caring survey at <https://www.surveymonkey.co.uk/r/C8VT99Z> carers in Northern Ireland can help inform the UK's most comprehensive study into experiences of looking after a loved one.

With plans for social care reform currently being discussed, it has never been more important for unpaid carers to share their experiences. Please feel free to share this survey round your networks. The survey takes about 20 minutes to complete and will close on the **17th May 2020**. If you have any questions in relation to the survey, please feel free to get in touch.

Carers NI Tel: (028) 9043 9843

Benefit Rates

(Proposed April 2020)

CARER'S ALLOWANCE £ 67.25

Carer premium - £ 37.50

Earnings limit - £ 128

ATTENDANCE ALLOWANCE

Higher rate - £ 89.15

Lower rate - £ 59.70

DISABILITY LIVING ALLOWANCE

Care Component

Highest - £ 89.15

Middle - £ 59.70

Lowest - £ 23.60

Mobility Component

Higher - £ 62.25

Lower - £ 23.20

Personal Independence Payment (PIP)

Daily living component: enhanced—£89.15

Daily living component: standard: £59.70

Mobility component: enhanced £62.25

Mobility component: standard £23.60

Benefits Information

Social Security Agency
Improving Uptake of Benefits Community Outreach Officers

Name	Office Base	Telephone	e-mail
Derek Moran	Enniskillen	Ring <i>'Make the Call'</i> 0800 232 1271 to make an appointment with a Community Outreach Officer	derek.moran@nissa.gsi.gov.uk
Sharon Scott	Strabane		sharon.scott1@nissa.gsi.gov.uk
Ryan Tierney	Foyle Lisnagelvin Limavady		ryan.tierney1@nissa.gsi.gov.uk
Thomas Corey	Omagh		thomas.corey@nissa.gsi.gov.uk

Not sure what benefits you are entitled to or need a benefits check?

For independent advice and support contact: -

Carers NI

Tel: (028) 9043 9843

Omagh Independent Advice Service

Tel: (028) 8224 3252

Dove House Resource Centre, L/Derry

Tel: (028) 7126 9327

The Resource Centre, L/Derry

Tel: (028) 7135 2832

Rosemount Community Resource Centre, L/Derry

Tel: (028) 7128 2829

Limavady Community Development Initiative (LCDI)

Tel: (028) 7776 5438

Citizens Advice Bureau:

(Fermanagh) Tel: (028) 6632 4334 **(L/Derry)** Tel: (028) 7136 2444

Spencer Rd, L/Derry Tel: (028) 7134 2536 **(Strabane)** Tel: (028) 7138 2665

Disability and Carers Service, Castle Court, Belfast (Administrate Disability Living Allowance, Attendance Allowance and Carer's Allowance, **Tel: 0800 587 0912 Text: 028 9031 1092 (for hearing impaired)**)

Carers Newsletter

To receive the Carers Newsletter directly to your home please contact the Carers Support Team (details page 2). If you are registered on our mailing list and your details are **not correct**, please let us know so they can be updated/amended.

If you no longer wish to receive the newsletter, please ring (028) 6634 4163 or (028) 7135 5023 or email Carers.Support1@westerntrust.hscni.net

Physical Disability Service—Carer's Forum.

The Physical Disability Social Work Team currently provide quarterly Carer's forums in Derry as well as quarterly Carer's Drop In meetings in Limavady & Strabane.

The purpose of the Carers forum is to work in partnership with WH&SCT to engage carers in an effort to provide safe, quality & effective services; which is aimed at enhancing support to the carers of adults (18 - 65 yr olds) with a physical or sensory disability.

The Drop Ins are more effectively used as an opportunity to voice the challenges of being a fulltime carer, as well as offering peer support & the potential for developing friendships.

These meetings have been beneficial in providing Carers with a safe forum to have their views heard as well as the potential for influencing service delivery.

Identified guest speakers & educators relevant to the caring role are often invited to provide further information & support to carers.

We pride ourselves in person centred working therefore, if you are interested in attending the 'Carers forum' or 'Drop In meetings' please speak to your Social Worker in the first instance. New members are always welcome.

Coronavirus (Covid-19)

Everyone should do what they can to stop coronavirus spreading. **The best way to do this is to stay at home:**

- only go outside for food, health reasons, work (but only if you cannot work from home) or caring for a vulnerable person;
 - if you go out, stay 2 metres (6ft) away from other people at all times;
 - avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible;
 - do not meet with friends and family – keep in touch using remote technology such as phone, internet, and social media;
 - use telephone or online services to contact your GP or other essential services;
- wash your hands well and often, and avoid touching your face.

You can spread the virus even if you don't have symptoms.

Take5

steps to wellbeing

Looking after your mental health while you stay at home

To support the fight against Covid-19, we have been advised to **stay at home**.

With our usual social activities on hold for the moment, it's very important that we look after our mental and emotional wellbeing.

As we begin this journey together we ask you to listen to the public health guidance and stay safe, look out for each other and look after your mental health.

This is temporary and there are brighter days ahead!

Further information is available on:
<http://pha.site/WHO>

If you are in distress or despair, you can call Lifeline on 0808 808 8000 where you can speak to a trained counsellor. This service is available 24/7 and is free from all NI landlines and mobiles.

Lifeline

HSC Public Health Agency

Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:
   

02/20

Here are some tips to help you look after your mental health during this current situation.

Connect



Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

Be active



Be active

Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity. Maybe try an online exercise video. The NHS website <http://pha.site/workout> has a range of options, or there are a number of fun videos available free on YouTube for all ages and different levels of ability.

Take notice



Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Keep learning



Keep learning

We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

Give



Give

We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.

CONSENT FOR CARERS MAILING LIST (WHSCCT)

Title: Mr Mrs Miss Ms Other _____

First Name: _____ Surname: _____

Address: _____

Town: _____ County: _____

Postcode: _____

Telephone: _____ Mobile: _____

D.O.B: _____

Email: _____ @ _____

Race/Ethnic Origin:

- | | | | |
|-----------------|--------------------------|--------------------|--------------------------|
| White | <input type="checkbox"/> | Black African | <input type="checkbox"/> |
| Bangladeshi | <input type="checkbox"/> | Pakistani | <input type="checkbox"/> |
| Black Caribbean | <input type="checkbox"/> | Irish Traveller | <input type="checkbox"/> |
| Chinese | <input type="checkbox"/> | Indian | <input type="checkbox"/> |
| Filipino | <input type="checkbox"/> | Mixed Ethnic Group | <input type="checkbox"/> |
| Black Other | <input type="checkbox"/> | | |

Any other Ethnic Group (please specify) _____

Is English your first language? Yes No

I agree to my details being held on the WHSCT Carers Database (please tick)

Yes No Date: _____

So that we can streamline the information being sent to you, we need some **information about the person you care for.**

Please tick below

- | | | | | | |
|---------------------|--------------------------|-----------------|--------------------------|---------------------|--------------------------|
| Age 0-18 | <input type="checkbox"/> | 19-64 | <input type="checkbox"/> | 65 and over | <input type="checkbox"/> |
| Learning disability | <input type="checkbox"/> | ASD | <input type="checkbox"/> | Physical Disability | <input type="checkbox"/> |
| Dementia | <input type="checkbox"/> | Arthritis | <input type="checkbox"/> | Diabetes | <input type="checkbox"/> |
| Alzheimer's | <input type="checkbox"/> | Heart Condition | <input type="checkbox"/> | CVA/Stroke | <input type="checkbox"/> |
| Kidney disease | <input type="checkbox"/> | MS | <input type="checkbox"/> | Parkinson's disease | <input type="checkbox"/> |
| Old and frail | <input type="checkbox"/> | Downs Syndrome | <input type="checkbox"/> | Brain Injury | <input type="checkbox"/> |
| Mental Health | <input type="checkbox"/> | Other | _____ | | |

Please complete all information as far as possible and scan to Carers.Support1@westerntrust.hscni.net or return to **Carers Support Team, 2 Coleshill Road, Enniskillen BT74 7HG**

If returning by post please ensure this edge is sealed with adhesive tape.

Fold here

Affix stamp

The Carers Support Team
Western Health and Social Care Trust
2 Coleshill Road
Enniskillen
BT74 7HG