

C.C.S.G. (Crossroads Carers Support Group)

CARERS FREE COPY

Tel: 07807 210913

E-mail: ccsg.group@hotmail.com

Web: www.ccsgsupport.com

Facebook: @reachingcarers



Available Online

Reg. Charity Number 1123043

Special Edition Newsletter

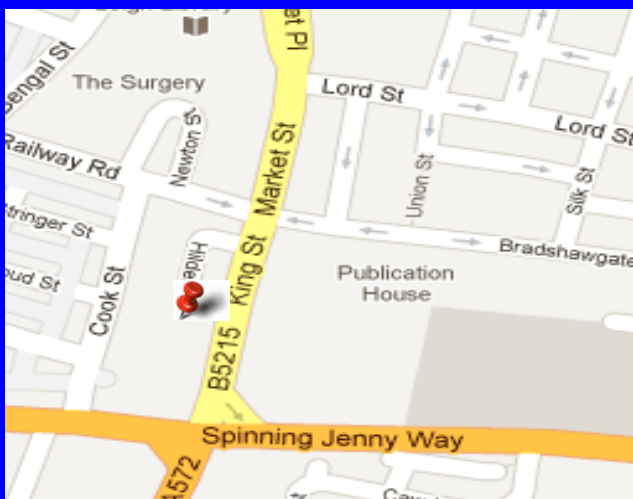
Hi Everyone

I hope you are all keeping well during this difficult time and are able to get all the essentials you need whilst keeping safe. Take a look at our Facebook page for up to date information @reachingcarers.

If you live alone and do not have family to support you and are in need of assistance please contact Wigan Council on 01942 489018 or telephone your friends at the Group and we will try to help or Signpost you to the relevant people.

STAY SAFE STAY WELL

Andrew Shacklady



**KINGSLEIGH METHODIST CHURCH,
KING STREET, LEIGH WE OPEN AT 11. A.M.**

Our Coffee Morning are closed at present due to the Conoravirus Epidemic.

Dates will be available ASAP.



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TELEPHONE: 07807 210913

www.ccsgsupport.com

Coronavirus Act 2020:

Statutory guidance on Care Act 2014 easements – key points and what it means for carers in England only.

What the Act does regarding carers:

- Removes the duty to carry out assessments care legislation, including carer's assessments i.e. The requirement that the local authority must carry these out.
- Replaces this duty with a power, which means they can carry these out under care legislation provisions e.g. Care Act 2014 and Social Services and Wellbeing Act (Wales) Act 2014.
- Removes the requirement to follow eligibility criteria.
- Removes the duty to provide services, and care and support plans, etc. except, in relation to the Convention on Human Rights i.e. Human Rights Act 1998 (see below).
- Vitally, the Human Rights Act 1998, must be followed for people who need services and for carers. There is a very clear duty to ensure that services are provided to ensure compliance with the Human Rights Act 1998.
- It effectively allows prioritisation of care services to those that the local authority deems most in need in England.
- It removes the requirement to carry out a financial assessment and allows charges to be applied retrospectively in England and Wales.
- It changes some provisions relating to mental health legislation requiring only one doctor to make Decisions and changes time limits (for all nations, although the precise drafting is different).
- It also removes the requirement for Clinical Commissioning Groups in England to undertake a Continuing Healthcare assessment.
- In the sections about England, Wales and Scotland, each respective Government can issue new guidance and direct local authorities in their nation to comply with it.

https://www.carersuk.org/images/News_and_campaigns/Coronavirus/Coronavirus_Act_2020_detailed_provisions_affecting_carers_2.4.2020.pdf

MONEY MATTERS

Department of Work & Pensions

Information & advice on welfare and pensions

www.gov.uk/dwp

DLA 0345 712 3456

PIP 0345 850 3322

AA 0345 605 6055

Tax Help for Older People

Offers independent advice from qualified tax

advisers for people in later life on a low income.

Tel: 0845 601 3321 www.taxvol.org.uk

United Utilities Grants

United Utilities have a grant scheme for those who may not be able to meet the costs of their water bills and other associated costs, please see link below for further information, eligibility criteria etc: www.uutf.org.uk

Reminder about TV licenses for over 75s

Free Government-funded TV licenses for people aged over 75 was planned to end after 31 May 2020.

This has now been delayed to August 2020 due to coronavirus.

You will need to be aged 75 or over and receive Pension Credit to apply for a free TV license, funded by the BBC. If you do not receive Pension Credit, you will need to pay for your TV license if you watch TV

MANAGE YOUR MONEY, DON'T STRUGGLE WITH DEBT

For help and advice on how to manage your money,

visit: www.wigan.gov.uk/moneyadvice Alternatively, email welfarerightsadvice@wigan.gov.uk for information about the council's welfare outreach sessions.

LIVE! WIGAN COUNCIL FOOD DELIVERY DATABASE

Are you or someone you know self-isolating and need help to get food and essentials? If so, check out Wigan Council's database of local businesses offering their support with delivering goods to nearby households!

Go To <https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Be-Kind/Open-for-business.aspx>

Benefit Calculator

The family probably needs to do a 'better-off' calculation whenever a young disabled person moves on a stage, to further or higher education, job seeking or claiming their own benefits as well as when they reach a milestone birthday of 16, 17, 18 or 19. You might need to get advice about how much you would get in different situations.

You can use a free benefits calculator, such as www.entitledto.co.uk

TELEPHONE: 07807 210913

www.ccsupport.com

DEMENTIA CARE

Exercises for disabled people

Get Yourself Active is pulling together resources for disabled people to keep exercising through the Coronavirus crisis. First up, some chair-based work outs:

www.getyourselfactive.org/stories/get-yourself-active-at-home

Call in Time – Age UK

A free telephone friendship service for people 60 and over. You will need to sign up via their website:

www.ageuk.org.uk/services/befriending-services/sign-upfor-telephone-befriending
Or call 0800 678 1602

Protect Your Rights

New guidance from the Dementia Action Alliance are trying to help care providers to protect the rights of people affected by dementia.

Called Dementia Statements Through a legal lens. It includes practical examples.

For more information see:
www.nationaldementiaaction.org.uk

Carers UK ‘Modern solutions for you’ booklet covers some of the tech solutions and devices that can help in your caring role, for example remote monitoring and alerts and managing medication.

https://www.carersuk.org/images/Help_Advice/Supporting_Carers_with_Tech_Guide_WEB.pdf

The Herbert Protocol

Do you care for someone who has dementia and worry that they might go missing? There is nothing more frightening or distressing than when a loved one, friend or neighbour fails to return when they should. For people living with someone with dementia, this could be quite common and The Herbert Protocol could give you some peace of mind.

The Herbert Protocol is a national scheme being introduced locally by Greater Manchester Police and other agencies which encourages carers and family members to compile useful key information which could be used in the event of a person with dementia going missing.

DOWNLOAD THE FORM & FIND OUT MORE AT: www.gmp.police.uk/Herbert

Memory Radio

BBC Music Memories includes clips from music based radio content from the 1940's, 1950's and 1960's. These are one and a half hour programmes edited for each decade with a printable activity guide.

Visit www.bbc.co.uk/musicmemories and click on 'Memory radio'.

Jelly Drops Launch

The sugar free, vegan jelly drops contain 95% water. They were invented by Lewis Hornby after his grandmother who had dementia was admitted to hospital with dehydration.

To find out more about Jelly Drops visit www.jellydrops.co.uk

MENTAL HEALTH CARE

TAKE THE 20 MINUTE ZERO SUICIDE ALLIANCE TRAINING FOR HELP WHEN TALKING TO PEOPLE WHO ARE FEELING SUICIDAL:
WWW.ZEROSUICIDEALLIANCE.COM

WIGAN MENTAL HEALTH TEAM NAME CHANGE

From the 27th of January the Wigan mental health Assessment Team will change it's name to;

Mental Health Urgent Response Team

Christopher Holmes, Royal Albert Edward Infirmary,
Wigan. Telephone 01942 636 395

How do I get an Independent Mental Health Advocate?

The staff in the mental health services you use can give you the information and a leaflet. You or your family can ask for an Independent Mental Health Advocate for you. An Independent Mental Health Advocate can come and talk to you about what they do and answer any of your questions.

The new funding for community perinatal services

The development of community services is part of an overall package of increasing access to perinatal care, which includes four new mother and baby units and the recruitment of over 200 specialist staff, including 21 consultant psychiatrists and more than 100 nurses and therapists.

If you're a young person under 25 experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free 24/7 support across the UK.

The Parents Helpline is there to support parents, carers and those working with children & young people. If you're a young person worried about yourself or have questions about your own treatment, there's plenty of help available.

If you need urgent help text YM to 85258

All texts are answered by trained volunteers, with support from experienced clinical supervisors. Text free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff and Tesco Mobile.

Conoravirus Bill

Some time limits set in the Mental Health Act could be extended, including:

Under section 5: emergency detention for people already in hospital would extend from 72 hours to 120 hours, and nurses' holding powers would extend from 6 to 12 hours.

Under sections 135 and 136: police powers to detain a person found in need of immediate care at a "place of safety" would extend from 24 hours to 36 hours.

Under section 35/36: The cap on how long someone can be held in hospital while awaiting a report (currently 12 weeks) would be lifted.

Section 117 After-care

There is no change to entitlement to free Section 117 after-care.

TRAINING AND DEVELOPMENT

Carers Scholarship Fund

Coming in Spring 2020: The Open University is launching a Carers Scholarships Fund

- the first of its kind - to allow carers of all ages to progress their education and their

careers. Keep checking the website for details .

- there's a donation link on there too if you'd like to support this life-changing project.

<https://giving.open.ac.uk/carers>

Caring Counts - free course for carers

The Open University also has a free reflection course for carers called 'Caring Counts'.

This is aimed at unpaid carers at a transition in their caring role who may be wondering about their next steps.

Visit www.open.edu/openlearncreate/caringcounts1 to access the course.

There are lots of places offering free online learning at the moment.

Here's a few of them below:

<https://alison.com/>

<https://www.open.edu/openlearn/>

Free Training For Carers

<http://canddid.nhs.uk/training/family-and-unpaid-carers/better-support-better-lives/>

BEWARE OF SCAMS

Do not let anyone into your house to disinfect it or to disinfect your Drive.

These are scams to get money from you.

There is no home testing taking place by the Government. This is a way people try to get access to your property.

The only people who can fine you for not following the Government guidelines are the Police in Uniform. Not online by telephone or by email.

HMRC will not email you to give you any refund. This is someone trying to get your bank details.

Health Matters

NEED TO FIND YOUR G.P. Contact details. Click below;

<https://www.nhs.uk/services/trusts/gps>

FREE parking for thousands of NHS patients and visitors will begin in England from April.

Blue badge holders and patients who must regularly attend appointments for long-term conditions will get free hospital parking under the plans being outlined on Friday.

Hoist guidance: Advice on finding the right hoist to use and the options available, this website has a lot of useful factsheets.

www.dlf.org.uk/content/full-list-factsheets

NHS online fitness studio

The NHS has created an online fitness studio to help you exercise at home using techniques from aerobics, pilates, yoga and more.

Try following some of their videos – they range from just 15 minutes to 45.

www.nhs.uk/conditions/nhs-fitness-studio/

HEALTH CHECKS ARE JUST ‘BOX-TICKING’

<https://www.autismeye.com/health-checks-learning-disabled/>

Hospital discharge

The Act also allows Care Act rules on hospital discharge (leaving hospital) to be paused, so patients in hospital are discharged ‘as soon as it is clinically safe to do so’ (COVID 19 Hospital Discharge Requirements).

Typical discharge procedures should mean that hospital staff check the carer is willing and able to provide care, and in some cases offer them a Carer’s Assessment, before the person leaves hospital. For detailed information, read the Carers UK policy updates:

www.carersuk.org/news-and-campaigns/campaigns/coronavirus-bill-emergency-measures

Survivors of Bereavement by Suicide (SOBS)

www.uk-sobs.org.uk

SOBS offers support for those bereaved or affected by suicide through a helpline answered by trained volunteers who have been bereaved by suicide, and a network of local support groups.

Helpline: 0300 111 5065 Every day 9.00 – 21.00

Email: sobs.support@hotmail.com

CARERS OF CHILDREN AND YOUNG PEOPLE

Educational advice

The Department of Education has set up a helpline offering guidance for anyone with education-related questions.

Call 0800 046 8687 – the helpline is open 8am-6pm (Monday to Friday) and 10am- 4pm (Saturday and Sunday).

Educational Guide for Epilepsy

This guide is for people who work in schools or other educational settings. It provides information on supporting young people with epilepsy to ensure they are safe and included in all aspects of school life.

<https://www.youngpilepsy.org.uk/guide-for-schools/>

Right From the Start—A Guide to Autism in the Early Years

This practical toolkit is packed with practical tips and checklists to support parents during the earliest years of their child's life. It also provides signposts to sources of support or additional information.

Download the free toolkit here:

<https://www.ambitiousaboutautism.org.uk/right-from-the-start>

The School Link team is part of the wider Wigan CAMHS team.

<https://www.nwbh.nhs.uk/school-link-team>

The UK Safer Internet Centre, where you can find online safety tips, advice and resources to help children and young people stay safe online.

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

More About Me: My Autism Diagnosis

An in-depth guide describing the practicalities of introducing a child or young person to their autism diagnosis.

Get your guide here: <http://www.jkp.com/jkpblog/2019/11/autism-diagnosis-2/>

CARERS CARDS

This is a message for anyone with caring responsibilities.

We now have Carers' Cards which will identify you as a Carer.

The cards may help when trying to arrange home deliveries. Each card will have our number on the back so if the shop require confirmation that you are a carer we can do this.

Email ccsg.group@hotmail.com or text 07807 210 913 with name, address and details of person cared for. Wigan Council and the Carers Centre are doing their best to inform all shops in the area about the cards, so you should be able to use them without any difficulty, however, some shops may refuse if they are unaware of the scheme.

Know your rights...

There is nothing in the Children and Families Act 2014 or the Special Educational Needs and Disability Regulations 2014 to say that a Child/ Young Person must move on to a Further Education College at 16.

YOUNG CARERS

Who is a young carer?

There are about **175,000 young carers in the UK** who provide care or support to a family member who is disabled, physically or mentally ill, or has a substance misuse problem.

Their day to day responsibilities often include:

Cooking, cleaning, shopping, providing nursing & personal care and giving emotional support.

Young Minds: How To Look After Your Mental Health As A Young Carer. Being a young carer can be difficult, and sometimes a 24/7 job. How do you care for someone whilst also making sure you're looking after your mental health?

KOOTH - Online support for young people

Watch the video below to find out how Kooth works and everything it has to offer.

<https://www.kooth.com/>

CalmHarm App has a range of tasks to help people resist or manage the urge to self-harm, such as

Comfort,
Distract,
Express Yourself,
Release,
Random,
Breathe.

Why not have a look at the website <https://calmharm.co.uk/>

HELP WITH YOUR SCHOOL WORK

English - BBC Bitesize and sparknotes.com/shakespeare

Science - educake.co.uk and senecalearning.com

Maths - vle.mathswatch.co.uk and mymaths.co.uk

MFL - Memrise, Quizlet, lyrics training.

All subjects - senecalearning.com

Online Safety websites

<https://www.net-aware.org.uk/>

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

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

Wigan and Leigh Young Carers

Why not make friends. Contact Wigan & Leigh Young Carers who are based at Compassion in Action's building in Leigh.

Patrick House, 58 Leigh Rd, Leigh, WN7 1QR

Telephone T: 01942 679352 Email: info@walyc.org.uk

Where to look for support while you're on the CAMHS waiting list

<https://youngminds.org.uk/blog/where-to-look-for-support-while-you're-on-the-camhs-waiting-list/>

Are you joining in with Joe Wicks and his PE lesson,

9:00am? Joe is streaming a HIIT workout for kids – although every day from Monday to Friday on his Youtube channel. This is great for the kids, who get much-needed exercise, and probably great for parents too, as it tires the kids out a bit in the morning.

https://youtu.be/TeRC_4WO-Dg

ONLINE ACTIVITIES

National Gardens Scheme Virtual Tour

<https://ngs.org.uk/mary-berry-launches-support-our-gardens-appeal-for-national-garden-scheme/>

Health Innovation Network- activities for people with dementia

<https://healthinnovationnetwork.com/wp-content/uploads/2020/04/Maintaining-Activities-for-Older-Adults-during-COVID19.pdf>

Creative & fun activities & workshop ideas for carers

<https://www.mminquarantine.com/resources-for-carers>

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Twinkl home learning

Hub are offering free daily activities and live sessions.

These are split into ages 3-5, 5-7, 7-9 and 9-11. They cover literacy, numeracy, French, topic work, Joe Wicks follow up activities, mindfulness activities and reward certificates.

<https://www.twinkl.co.uk/home-learning-hub>

Home Education Resources

<https://www.disability-grants.org/home-education-resources.html>

Talking to your children about healthy internet use

<https://www.mentalhealth.org.uk/file/3968/download?token=A3m4BrkU>

Carer Audio Series

This page contains audio files for unpaid carers to listen to when they are down or seeking to find hope in their long and difficult journey. See: <https://caringmindblog.com/carers-audio-series>

Chill Panda - FREE

Learn to relax, manage your worries and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

Our Creative Writing 'Wall of Words'

God in Heaven

There's too many people what shall I do
I'll send a pandemic that's similar to flu
The old shall go first, it's nearly their time
Thousands of coffins will lay in a line

You're ruining the earth, and all it's land
I should have known never to rely on man
A wake up call, will they ever understand
I didn't want to interfere, it wasn't my plan

The way Earth was going it didn't have that long
Humans couldn't see where they'd gone wrong
Ice caps melting, all the plastic in the sea
Coming up with a solution; was all down to me

I'm sorry for taking all your loved ones away
No alternatives seemed to be coming my way
Staying indoors is your best chance to live
Will you ever find it, in your hearts to forgive.

Terry Burtonwood

Cookery frustrations

I enjoy watching t. v. cookery shows.
Makes me want to grab my apron, have a go.
Though somehow, I never have the right stuff in,
so, end up forgetting it and opening a tin.

I'd prepare a tasty roast with red port juis.
That's just sherry gravy to me and you.
Fancy veg, potatoes, mashed and crispy crunch.
We'd feast like royalty for our Sunday lunch.

If only I could make oven-baked delights.
Springy soft jam sponges which melt, butter light.
Knead yeasty bread with competence and care.
Magically my fairy cakes would float on air.

My silver service banquets would be a treat
Picnics, snacks dinners, savoury or sweet
If only I had patience, time, or expertise
Until then I 'll stick to beans and toasted cheese

Pauline Shacklady

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



Starlight Children (UK)

Grants the wishes of seriously and terminally-ill children aged four to 18.

Put on parties, pantomimes, fun centres, distraction boxes and entertainment for children in hospitals and hospices.

Anyone can refer a child for a wish.

020 7262 2881

www.starlight.org.uk

GRANTS

Family Fund - Help families across the UK

who are raising a disabled child or young person with additional complex needs or children and young people with a serious illness.

Applications for a Family Fund grant can be made by the parent or carer of the disabled child or young person. Young people aged 16 and 17 can make an application in their own right.

Telephone: **08449 744 099**

H Fund (UK)

Provides subsidised group holidays for physically disabled children and adults and respite for their carers. When funds are available, they can give grants to families throughout the UK living on low incomes. Tel 01892 860 207

www.3hfund.org.uk

Starburst Foundation

Fund bespoke and specialised equipment e.g. wheelchairs, hoists, and play equipment to children with disabilities.

Web: www.starburst-foundation.org.uk

Email charity@starburst-foundation.org.uk.

Disability Grants

This website provides a lot of useful information and advice on holiday grants for disabled children and adults and their carers.

Website: www.disability-grants.org

Email: contact@disability-grants.org

Marvellous Family Grants are for families facing financial hardship while caring for a child with a serious illness.

They provide support to help families cope, from funding specialist equipment and creative therapies to hospital travel expenses.

<https://www.roalddahl.com/charity/family-grants>

Please note:

C.C.S.G. does not endorse any of the products or services displayed within this magazine and offer these articles for information purposes only.

CROSSROADS CARERS SUPPORT GROUP REGISTRATION FORM

CARERS DETAILS

Name:

Date of birth:

Current address:

Postcode

Email:

Phone:

Mobile:

CARED FOR DETAILS

Name

Address:

Date of birth:

What kind of care is provided and how often:

Who do you care for? What is your relationship to them?

GP NAME AND ADDRESS

HOW WOULD YOU LIKE TO BE CONTACTED BY US

Telephone:

Post:

Face to Face:

Email:

DO YOU WANT ANY SPECIFIC INFORMATION

Signature

Date:

