

*Making
carers count*

charity registration number 1085491

The Carer's Champion

Bulletin-June 2020



Providing information, sharing idea's and supporting and thanking carer champions and all health professionals during this challenging time.

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Carers Week 8-14 June 2020

"making caring visible"



This year the Carers Week theme is "making caring visible" and our aim is for carers to recognise their caring role and ensure they can access the support and information they need or are entitled to. Due to the COVID 19 pandemic the annual events held by surgeries during this week are unable to take place and likewise we are unable to hold any face to face events this year. We have therefore arranged virtual events for carers to participate in as listed below. Please share this information with your carers. More details about the events can be found on our website [here](#). We have also put together a page of various resources that can be downloaded and should be useful for all surgeries in promoting this important week and highlighting the massive contribution made by carers - [here](#)

Virtual Activities for carers

Monday 8th June -Watford Carers Support Hub 10.30-12.30

Information event for mental health carers 2.00 to 4.00

Tuesday 9th June -Listening to carers on-line Q&A session.
10.30 to 12.30

Virtual Dementia carers forum—2.30 to 3.30

Wednesday 10th June—Listening to carers Q&A session
12.30 to 2.30

Online legal planning workshops for carers using Zoom -
10.30 to 11.30

Bingo time—7.00 to 9.00

Thursday 11th June Listening to carers Q&A session
2.00—4.00pm

Friday 12th June - Art workshop 10.30 to 11.30

If any of your carers are interested in joining these meetings please contact the office on **01992 58 69 69** or email: contact@carersinherts.org.uk

Young Carers

A project involving Young Carers and staff from Carers in Hertfordshire, East & North Herts CCG, Herts Community NHS Trust, East & North Herts NHS Trust, all worked together to review and improve the support that the NHS provides for young carers.

A video showing highlights of the project has been produced and will be launched during Carers Week (going live on the 8th June). It can be viewed on the Carers in Hertfordshire YouTube channel. **Take a look** [.https://youtu.be/LVa5FTuaep4](https://youtu.be/LVa5FTuaep4)

Fundraising

Stevenage walk 4 carers

Carer Norman Phillips and Carer Champions from Stevenage surgeries have taken on the challenge to walk 2.6 miles a day for consecutive 26 days to raise funds for 3 local carer supporting charities. Well done to all of those taking part. More information [here](#) on the virgin money giving page.

Looking for a new challenge during lockdown?

Take on “Challenge Hertfordshire!”

Walk, run or cycle 172 miles, the length of Hertfordshire’s boundary in your own time and raise vital funds for unpaid carers. You can take part individually or as a team with friends and family (whilst following government guidance on social distancing). Email us today to get signed up! Contact:

fundraising@carersinherts.org.uk or call 01992 58 69 69 for further details.

To date we have spoken to over 2,800 carers ensuring that they are coping and have the support they need in place.

Although lockdown regulations are now starting to relax many carers will still feel unsure and anxious about the changes. Referrals continue to be actioned promptly once received.

We have various short video's on our You Tube channel that both yourselves and carers may find helpful.

https://www.youtube.com/channel/UCsHclFWX1ezdmZi1F7Q-D_w

Zoom Champion Meetings and Training

The champion zoom meetings arranged for mid May were very successful. Thank you to those of you who joined in, it was great to see some familiar faces. I am now arranging Zoom meetings by locality, joining two localities and taking this opportunity to give champions the chance to meet each other from other neighbouring areas. Dates and invites will be sent out to you all shortly.

I have also done training with 2 new champions last month, one to one, (via Zoom).

**Virtual one to one training is available for any champions either new or existing.
Give me a call or email.**

Carewaves

REMINDER— Our Spring 2020 edition will be with you all next week in time for Carers week. Along with each bundle will be a poster to display in surgery windows or other prominent place where it will be seen. Further copies of the poster are available for printing [here](#)

Surgeries working within a Partnership with other local practices will receive one large delivery of the publication which you will then need to distribute amongst your other surgery sites.

Young Carer May competition winners

First Place: Ava, aged 9



Out of my window I can see...

Green trees blowing in the wind

A summer house for me and Ivy

Ready for lunch, lets eat outside

Dragonflies flying through the sky

even when we say goodbye

Next time is another day, then we will
have time to play

Second place: 'Outside my Window' by Eric, age 13

As the sun shines on all our faces,
Waking us up each morning,
The cars wait to be driven
But they find themselves alone,
The smiles of the children's faces makes
us want to get out,
But as Corona made its way,
We start to stay away,
From all dangers that could possibly harm
us,
But as lockdown is soon ending,
Bringing happiness and hope to people's
faces.
When the warm sun get cooler,
We start to get colder.

From trees swaying side to side,
Following the gentle cold breeze,
As the sun starts setting,
Our frustration shrinks,
The later the day arrives,
The more we feel tired.

When the sky gets dark,
And the stars appear,
The moon will rise with it's attracting light,
The trees are now still as a bone,
While we tuck into our warm beds,
Outside my window,
There is nothing but cars.

Contacting carers

Please drop me an email and let me know
if any of you have planned anything to
promote Carers Week within your surgery,
no matter how small.

Take care and stay well.