

A community for carers

The newsletter for Volunteers in our Carer Support Hubs



charity registration number 1085491

March 2017

In this issue you can read about a visit from the Police Commissioner to the Hemel Hempstead Hub and the Bishop's Stortford Hub Bring a Friend event. In addition, we highlight what Age UK Hertfordshire and Hertfordshire Wellbeing Service offer to help carers. Both organisations have sent speakers to several hubs recently.

I hope you will enjoy the articles. The aim is to increase the skills and confidence of volunteers to try new things. The Hub Volunteer Newsletter is put together with the help of pictures and stories from you, so please do let me know if there is something you would like to see featured in a future issue.

If you wish to get in touch, please contact Alex Daar, Project Officer Caring Communities, on 07714 077686 or email alex.daar@carersinherts.org.uk

For any other issues or to speak to someone in the office please:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

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Welcome

Carers in Hertfordshire is pushing forward with the opening of all 16 Carer Support Hubs around the county. The most recent launch was the Rickmansworth and Chorleywood Hub, which was very successful and attracted a high number of carers and volunteers.



There will be three new Hubs this year and staff and volunteers on the Steering Group are working together to focus on the locations for the last three Hubs to address the need for localised support. The opening event for a Hub group in Ware is being arranged for April. A big thank you to all volunteers for your continued support in delivering local help for carers across the county.

As many of you may know, Carers in Hertfordshire has recently merged with Crossroads Care Hertfordshire-South, a well-established charity supporting carers and those with care needs. The Crossroads Care Service has been incorporated into Carers in Hertfordshire. As a result of the merger, some changes to the internal management structure at Carers in Hertfordshire are being proposed to help the charity continue to grow and expand over the coming years. We will keep you updated about the changes.

Finally, we are looking for Ambassadors to represent Carers in Hertfordshire at an event on **Saturday 13th May 2017** - Welwyn Garden City Health Festival from 11am - 3pm.

If you can help at the event please contact me, Alex Daar (details on the left).



LOTTERY FUNDED

Making carers count

Christmas Festivities

Our Hub groups across the county spread plenty of Christmas cheer to carers over the festive period through various events. The St Albans Hub held a Christmas party, there were cream teas in Welwyn Garden City, thanks to a kind donation from Sainsbury's, bring and share events in Watford and Bishop's Stortford, carol singing in Letchworth, meals in Hemel, Hoddesdon and Stevenage.

All of the festive events were successful and greatly appreciated by the unpaid carers that attended.

One of the most appreciated events was the Hub Christmas meal at Hoddesdon. Thank you to all of the volunteers who provided 17 unpaid carers with a Christmas meal. Comments showed that the most popular dessert was the cheesecake with raspberries. In addition to the meal there were carols lead by the Vicar of Hoddesdon Baptist Church, where the Hub meets, who played his guitar.

The St Albans Christmas party was a big success and included a game of charades. It was described as fun, friendly and welcoming. Carers in St Albans also enjoyed visiting Carlisle and Waverley Area Residents Association Living Advent window display put on by volunteer home owners to raise money for Carers in Hertfordshire. We would welcome more ideas like this from local communities who would like to support our work.



Police Commissioner's Hub Visit

The Hemel Hempstead Hub welcomed Hertfordshire Police and Crime Commissioner David Lloyd to one of their Autumn meetings after he accepted an invite from Hub Leader Margaret Sharp.

Mr Lloyd spoke about crime and violence and reassured the group about what the police force is doing to combat issues such as drug and alcohol abuse.



He also discussed the police budget, informed carers about the low crime levels in the Hemel area and answered carers' questions.

David Lloyd is keen to talk to other Hub groups and if you would like to take up his offer please get in touch with Alex Daar.

Caring with Confidence

Our free Caring with Confidence course is run over five sessions to give carers tips and knowledge to help them with their caring role.

The course covers topics such as finances and benefits and looking after your own health and wellbeing. The next course will take place at the Isabel Hospice in Welwyn Garden City, starting on 9th March 2017 from 10am -1pm.

To book yourself a space please:

Call: 01992 58 69 69

Email: learning@carersinherts.org.uk

Visit: www.carersinherts.org.uk/events

Would you like an arts or craft session?

A carer from the Hatfield area is interested in working with groups of carers on arts and crafts sessions. Please contact Alex Daar if your Hub group would be interested in organising an art session with her.

Spotlight on the Hertfordshire Wellbeing Service

Caring for someone can have a huge impact on our own emotional wellbeing.

It is understandable that at times we can feel run down and worn out. Often we don't like to admit we are feeling down, worried or stressed. We easily neglect our own needs, feeling guilty about doing things for ourselves.

Ignoring how we feel can mean we are more likely to experience symptoms of depression or anxiety, which can have a huge impact on our ability to carry on caring for a loved one.

The Hertfordshire Wellbeing Service is a free service offering confidential talking therapy and practical advice which can help you feel better. Support involves learning helpful tools and techniques that you can put into practice on a daily basis which can improve your wellbeing, helping you feel more in control.

The Service, part of Hertfordshire Partnership University NHS Foundation Trust (HPFT), runs specific 'Keeping Well in Caring' courses which teach you

to manage worry and negative thinking. It helps to address sleep difficulties and lifestyle changes we can make to help us feel better. HPFT also offers individual support and look to find flexible ways of treatment that can work for you.

If you have a GP in Hertfordshire and you feel you could benefit from the service, please visit www.talkwellbeing.co.uk to make a self referral. Alternatively, you can call 0300 777 0707 or discuss this further with your GP.



Hertfordshire Partnership NHS
University NHS Foundation Trust

Are you...



We offer workshops, online self help, guided self help with telephone support, individual sessions and other techniques aimed at helping you to find ways of coping and get you back to your usual self.

Hub's Bring a Friend event highlights value of keeping in touch

Loneliness and isolation are common factors in a caring role, and time for friendships can fall by the wayside. At a time when you do need a friend to lean on or just to have a chat away from your caring role; there doesn't seem to be time for this vital connection.

To address this our Bishop's Stortford Hub Leader Jill Goddard organised a Bring a Friend event for the January 2017 meeting. She thought if the carers brought a friend to the Hub meeting there would be many benefits, which there were. These included:

1. It was a good excuse to contact the friend and invite them.
2. They got to spend sometime together at the meeting.
3. The friend who may not be a carer themselves could see and begin to understand the support their friend may need.
4. The friend may be a carer themselves and this proved to be the case at our meeting.
5. The friends were coming up with their own support plan for each other. e.g. picking up prescriptions and letting each other know if they were going to the shops.

Diary Dates 2017

Carers' Singing Workshop

Monday 13th March,

10am-12pm noon.

United Reformed Church, Church Road, Welwyn Garden City, AL8 6PS.

Music Tutor Christine Bunning will be teaching vocal warm-ups, gentle exercises for the voice and some harmony work. No previous singing experience is required, just a chance to have fun and meet other carers.

Moving and Handling Workshop

Monday 20th March,

9.45am-12.15pm.

The Radlett Centre, 1 Aldenham Avenue, Radlett, WD7 8HL.

Carers will learn about safe moving and handling techniques and there will be demonstrations of equipment such as slide sheets, adaptive clothing and other gadgets.

Radlett Rotary Club Five Fields Fun Run

Monday 1st May, from 10am.

Radlett Cricket Club, off Cobden Hill, Radlett, WD7 7JN.

There are two distances - 1.5km for children under 11 and 5km for children aged 7 and over, both completely off-road. Places are £5 for the 1.5km run and £10 for the 5km event and can be booked in advance or on the day. Carers in Hertfordshire is benefiting from some of the money raised as Radlett Rotary Club is supporting us as their Charity of the Year.

You can learn more or register at www.naglersimmons.co.uk/radlett-rotary-five-fields-fun-run-2017/

To learn more about any event or to book your place:

☎ **01992 58 69 69**

@ contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Spotlight on Age UK Hertfordshire

Age UK Hertfordshire provides information, advice and support to promote the wellbeing of older people (over 50's). Here the charity writes about its services.

Befriending – a countywide visiting scheme for people who are experiencing social isolation. A volunteer will visit on a weekly basis to provide companionship and develop a friendship. This service is free of charge.

Decluttering – support for people who need help with clearing clutter from their properties to reduce their risk of falls and to enable them to live more independently and safely in their own homes. This service is delivered by the Help in the Home Service at no charge.

Help in the Home – this service supports people with light domestic tasks, i.e. shopping, cleaning, laundry, ironing, collecting prescriptions and taking to appointments. This service is our only paid for service at a rate of £16.50 per hour with a minimum of 1.5 hours service each week or 2 hours per fortnight.

Home from Hospital Support Service – support for people coming out of hospital to help them stay safe and independent and to reduce their risk of re-admission to hospital. The service offers up to 3 week's support (extended in exceptional cases) and is free of charge.

InTouch – emotional support to people who are experiencing challenging life events. This free service will offer someone to listen and offer practical advice on how to move forward.

Information and Advice – countywide service offering specialised support over the phone, email or Skype. The team will help with advice on rights and entitlements and applying for benefits, Lasting Powers of Attorney and computer skills training. This service runs Monday – Friday and Saturday mornings and is free of charge.

Telephone Club – a weekly phone call from one of our telephone befriending volunteers to provide an extra point of contact to people who need it over the phone. This service is free of charge.

Trading – A vast range of products and services for older people are available including mobility aids and adaptations. These are highly competitive and tailored towards the older person.

All of our staff and volunteers are trained, inducted and DBS checked. For more details on what we offer contact the information and advice team on 0300 345 3446.