

PROFESSIONAL CARERS

Keeping Service Users and Carers up to date on the latest news, information, events and initiatives.

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NEWSLETTER

May 2020

WELCOME

Welcome to Professional Carers latest newsletter, providing you with an update on recent news, information, events and initiatives. We understand that some of you don't have access to our website or social media, so sending newsletters is a great way to keep you up to date with latest information. If you require this in a bigger font please let us know 😊



Coronavirus Pandemic

Well, what a few weeks it has been for everyone since the coronavirus pandemic took hold in March and the lockdown began. This has been a very anxious time for both our service users and our staff.

You might be feeling worried, scared, sad or even a bit angry at the thought of having to stay at home for longer than we have had to already, especially when we are not able to see loved ones.

That is why in this edition we've outlined some tips from Age UK to help you continue to stay safe and well over the coming weeks.

ASK FOR HELP

Talk to family, friends and neighbours to let them know how they can help. Many communities are also organising local support groups as well. Don't be afraid to ask!

ESSENTIAL SUPPLIES

Make a list of the things you need day to day including food, household essentials and medication. This will help you to keep track of what you need to get in.

Don't forget to think about the things you may want to keep going with hobbies and interests at home.

There is no need to stockpile. Shops and pharmacies will keep refreshing their supplies. Many shops are also restricting access to the wider public at particular times of day to allow older people to shop first.

It's important to note that it may take longer than usual to receive deliveries to your home so do plan ahead, particularly if you have your usual prescriptions delivered. If you have any concerns about your medication, or worried you're running low, then talk to your pharmacist.

If you're considered in an 'at risk' group you should have received a letter from the NHS which provides you with more information on how the Government will support you to stay at home and not leave the house. This includes information on how to let them know if you need help getting food supplies and medication. If you have not received this letter and think you should, then contact your GP or specialist.

STAY IN TOUCH – VIDEO CALLING

A video call is a great way to see a friendly face and catch up. You can even try hosting a virtual quiz with a group of friends – if you're up to the challenge! Video calling might seem quite daunting if you haven't really done it before, but it's simple, secure and can be a lot of fun. Why not ask your carer to show you how to use 'zoom' or another popular video calling app such as a 'whatsapp'.

LETTER WRITING

It's something of a lost art, but many of us love to write and receive letters. This could be a particularly nice way to stay in touch with grandchildren. You could ask neighbours or helpers to post your letters for you if you're staying indoors.

GET MOVING

Just because we can't go out of the house as much doesn't mean we can't stay active. In fact, moving more at home can be very simple and is not only good for our physical health, but can lift our spirits too. Turn over for some of our top ways to get moving whilst on lockdown.

Our front line heroes – A BIG THANK YOU!

A big thank you to our front line heroes who continue to put their service users first in this unprecedented time to ensure the safety and wellbeing of our clients.

It is definitely true what they say, not all heroes wear capes!! Our care teams continue to deliver the highest standards of care in the community, despite the challenges of ever-changing guidance and shortages of PPE that everyone in the country has experienced.



Every Thursday at 8pm we'll be standing up and applauding all those who care for us and ensuring our world can keep on turning. We hope you will join in with your families and friends whilst observing social distancing of course! Please share your photos with the hashtag #clapforourcarers and tag in 'Professional Carers' via Facebook.



Need addition help or support:

**Wirral Borough Council
Coronavirus Helpline:
0151 666 5050**

**Edinburgh Social
Services: 0131 200 2324**

**Government Advice Visit:
www.gov.uk/coronavirus**



Try some gardening ... If you're lucky enough to have a garden, gardening is a great form of exercise – especially as the weather improves. If you don't have a garden you can always try planting something in a pot on your window sill. Having some greenery around the home can make you feel more relaxed. Why not try growing your own vegetables from leftovers?

- Yoga ... Yoga is a great way to have a gentle stretch. It also helps relax you and so now would be a great time to try it! There are videos online for all levels so don't be put off - here's one you may like. Find a link to some great videos here: <https://youtu.be/kFhG-ZzLNN4>
- Chair exercises ... These are a great way to make the most of what's around you at home while having fun and raising your heart rate that little bit. Have a look at a chair-based exercise tutorial by visiting this link: <https://youtu.be/4Qx2vPetMRQ>
- Painting, drawing or even knitting ... This might seem daunting at first, especially if you're new to it, but you don't have to be an expert to get arty. But there are plenty of YouTube tutorials that can help you get started. Take a look here: <https://youtu.be/ptCcTCsHIU0>
- Make a scrap book ... Now is a good time to sort through your old photos and put them into a scrapbook or photo album. Spending an afternoon reminiscing can be a lovely way to pass the time.
- Learn a language ... If you are considering learning a new language: it's never too late! And science shows that learning a language is a great way to keep our brains healthy in later life. There are lots of websites, apps and videos that can help you. If you already know more than one language, why not have a refresh? Knowing a language is good, but practising it is even better. This French beginners video might give you a taste of that 'je ne sais quoi!'
- Bake ... With a little extra time on your hands, this could be the perfect excuse to perfect an old recipe try a new one.



Keeping busy can be good for your mental health and provide some light relief from everything going on. But this is a stressful time and can leave so many of us feeling tired and unmotivated. There might be some days where you don't feel like doing much at all, and that's absolutely fine. It's important to just do what you can and keep yourself busy when you feel like it.

Congratulations to Lisa Kenny who has recently been promoted to Senior Care Coordinator at our Wirral Branch. I am sure you will all wish her the best of luck in her new role!



Need to contact a member of the team, telephone us as normal on 0151 638 4500. Alternatively, send us an email to info@professional-carers.co.uk or chat to us via social media! We are always here for you to help regardless of coronavirus! ☺