

Caring Matters

February / March 2021 - The newsletter of Carers Northumberland



Welcome to our
Caring Matters Newsletter
Hope Springs

In this issue you'll
find

- Details of new training available
- Online Mindfulness
- Dates for all our events and workshops.
- Information about the Vaccine roll out
- Ask us anything
- Healthy eating for the mind



No one can know what the future holds for us all in 2021 but there seems to be a light at the end of the tunnel and with the roll out of the new Covid vaccines comes a renewed hope that things will return to normal.

Its important that we keep positive and look ahead to the future but not forgetting that we should try and keep ourselves happy and healthy now.

Lots of people have found inspiration in the restrictions, finding new hobbies, new interests and inspiring others with their determination to Carry On.

We continue to run our groups and workshops remotely, but we also look forward to getting together later in the year.



LASTING POWER OF ATTORNEY

It's not easy to think about a time when you're no longer able to make your own decisions. Having a power of attorney can make life that bit easier should it ever happen. It is a way of giving someone you trust the legal authority to make decisions for you, if either you can't make them yourself or don't want to.

Many people believe that if the time ever came when they could not manage their affairs or lack the capacity to make decisions about their care, a spouse or family member could do this for them. This is simply not the case, they cannot automatically take control of your finances or your care, they need your authority.

The best time to make a lasting power of attorney is when you have the mental capacity to make your own decisions.

There are two types of Lasting Power of Attorney:

- Property and Finances

This LPA allows your attorney to make decisions on things like:

- 🔪 selling your home
- 🔪 paying the mortgage
- 🔪 paying bills

You decide when you want this type of LPA to start. It could be while you still have mental capacity, or if you lose capacity.

Due to high demand there may be a waiting list. Appointments will be carried out via telephone or video call. This service is FREE to all registered carers but there is the cost of registering an LPA which is up to £82 per form.

For more information or to express your interest in making a LPA please call us on **01670 320025**

- Health and Welfare

This LPA allows your attorney to make decisions on things like:

- 🔪 where you should live
- 🔪 your medical care

Unlike LPAs for financial decisions, your attorney can only use this LPA if you no longer have mental capacity.

If you lose mental capacity and don't have a LPA in place, any decisions about your healthcare will be made by doctors or healthcare professionals.

Making a LPA is very straight forward and you do not necessarily need to have it completed by a solicitor.

You can complete or download the LPA forms online here:

<https://www.gov.uk/power-of-attorney>

Carers Northumberland are now able to support carers in making a Lasting Power of Attorney, guiding you through the process.

Two new courses for February and March

Building Resilience and What It Means

We shall be exploring the idea of what the word resilience means and why it is so important mentally and physically for carers, irrespective of who you are looking after. this workshop will run on Thursday 11th February at 11am on Zoom.



Carers Rights and Understanding a Carers Assessment



How many times have we heard that carers don't know what their legal rights are or have been led to believe that undergoing a carers assessment is a waste of time, or even, have never heard of it before?

Far too many....so this workshop will aim to challenge some misconceptions and present a clear picture to help you make informed choices. This workshop runs on Thursday 11th March at 11am on Zoom.



Give us a call and book your place.



Spotlight on...

Carers Assessments



If you look after someone you have the right to ask for a carer's assessment. A carers assessment looks at the impact your caring responsibilities have on your life and what social care support you might be eligible for.

You will be entitled to an assessment regardless of the amount or type of care you provide, your financial means or your level of need for support. You don't necessarily have to live with the person you are looking after or be caring full-time to have an assessment. You may be juggling work and care and this is having a big impact on your life.

A Carers Assessment is carried out by the local authority of the person you care for. They will ask you questions about your caring role and how you are coping.

This includes how it affects your physical and mental health, work, free time and relationships.

The assessment is usually face to face. Some councils can do it over the phone or online and they usually last at least an hour and you can have someone with you during the assessment. If you qualify for help from the local authority, they'll write a care and support plan with you that sets out how they can help.

If you would like further information about Carers assessments or examples of the type of questions you may be asked please contact our Information Team.

To request a carers assessment you can contact OneCall on **01670 536400** or our information team can make a referral on your behalf.

Want to know more? Download a copy of the Carers UK Factsheet on Assessments [here](#)

or go to www.carersuk.org/help-and-advice/get-resources/our-factsheets

Flower Craft

"I must have flowers always and always"

Claude Monet

There is nothing more uplifting than the sight of beautifully arranged flowers. Paper flowers are a lovely alternative to the real thing, that won't wilt and keep their colour all year round.

Join us on Wednesday 3rd March at 11am for an hour of flower crafting where we will be creating a gorgeous rose display.

To reserve your place please contact our Information Team by Friday 12th February. on 01670 320025 or info@carersnorthumberland.org.uk

Craft materials will be posted out following this date. Participants will need to supply their own scissors and glue.

ASK US – ANYTHING

Caring for someone is a complicated business. Do you have a burning question or a subject that you would like to know more about? Would you like the chance to ask a question and hopefully get an answer?

The questions can be related to any aspect of caring and support services whether it's about you or the person you care for – or both! We have enlisted the help of a number of professionals including a pharmacist, a GP practice manager, a psychiatrist, a care manager and a GP practice link worker to name a few.

All of them are happy to share their expertise with you.

You ask the questions and we will source a reply for you.

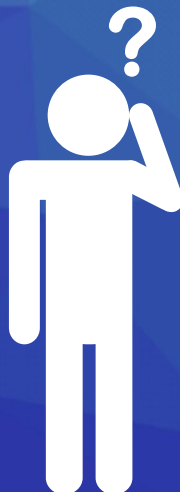
All we need now are YOUR questions

The professionals will record an answer which we will then share on our website and through our social media platforms. You can remain anonymous if you wish.

So what are you waiting for....go ahead and send us your questions,

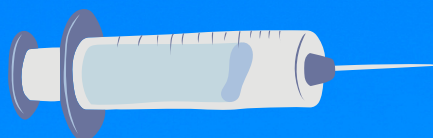
by the end of February please and remember, If you want to know then others will too.

ASK ANYTHING!





Covid-19 Vaccinations in Northumberland



As Covid-19 vaccinations in Northumberland are rolled out for high priority groups, here are some ways you can be prepared ahead of your turn.

Vaccination Centres in Northumberland are currently in Berwick, Alnwick, Amble, Ashington, Blyth, Cramlington, Ponteland and Hexham.

Contact Details

Make sure you are registered with a GP practice and that they have an up-to-date contact number for you or someone who they can speak to on your behalf – the first people to be called for the vaccine will be contacted by telephone, sometimes at short notice – as new batches of the vaccine arrive in Northumberland.

You won't be forgotten

Your GP knows which priority group you are in and will not forget about you. Please be patient and wait to be contacted about your vaccination rather than call your surgery.

Listen out for the phone

In the first wave people will probably be contacted by telephone or text, so listen out for a call, and remember that the GP surgery's number may be withheld when they call you. Check your answerphone regularly for messages, if you have one. Keep an eye on the post too in case you receive a letter inviting you for a vaccination at the North East hub at The Centre for Life, Newcastle.

Travel arrangements

The first wave of vaccines will be given at one of ten vaccination centres across the county. Make plans now for how you will get to the centre when you are asked to attend,

Be on time

It's really important that you arrive on time for your vaccination appointment to keep waiting times to a minimum. However, don't arrive too early if you can help it as you won't be seen earlier than your appointment time. If you have your NHS number, please bring it with you. This can be found on letters sent to you by your GP or by a hospital, or on your prescription.

Your GP is there for you

GP surgeries are still open for business alongside the vaccination programme. If you are worried about a symptom or have an urgent issue, please don't put off contacting your surgery for help and advice.

FEBRUARY

DATE	Groups / Activity	Time
Every Tuesday	Carers Group —Zoom video call carers group, all carers welcome	2pm—3pm
Thursday 4th February	Ponteland Carers Group — Zoom Video carers group	10:30am—11:30am
Thursday 11th February	Building Resilience Workshop — Zoom Video Course	11.00am—12.00pm
Wednesday 17th February	Morpeth/Bedlington/Blyth Support Group — Zoom Video carers group	2pm—3pm
Monday 22nd February	Alnwick & Amble Support Group — Zoom Video carers group	1.30pm—2.30pm
Wednesday 24th February	Berwick Support Group — Zoom Video carers group	11.00am—12.00pm
Thursday 25th February	Cramlington Support Group —Zoom Video carers group	1.00pm—2.00pm

MARCH

DATE	Groups / Activity	Time
Every Tuesday	Carers Group —Zoom video call carers group, All carers welcome	2pm—3pm
Thursday 4th March	Ponteland Carers Group — Zoom Video carers group	10:30am— 11:30am
Thursday 11th March	Carers Rights and Assessments — Zoom Video Course	11.00am— 12.00pm
Wednesday 17th March	Morpeth/Bedlington/Blyth Support Group — Zoom Video carers group	2pm—3pm
Monday 29th March	Alnwick & Amble Support Group — Zoom Video carers group	1.30pm—2.30pm
Wednesday 31st March	Berwick Support Group — Zoom Video carers group	11.00am— 12.00pm
Thursday 25th March	Cramlington Support Group —Zoom Video carers group	1.00pm—2.00pm

VITAMINS



Do you know about the 13 essential vitamins your body needs?

They are vitamins A, C, D, E, K and the B vitamins: thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyroxidine (B6), biotin (B7), folate (B9) and cobalamin (B12).

The four fat-soluble vitamins—A, D, E, and K—are stored in the body's fatty tissues. The other nine vitamins are water-soluble and therefore must be replenished regularly because they are removed from the body in your urine. Vitamin B12 is the only water-soluble vitamin that is stored in the liver. The best way to get enough of the 13 essential vitamins is to eat a balanced diet from a variety of foods.

Research has shown the MIND diet can reduce Alzheimer's risk by as much as 53 percent, depending how well you follow it.

The MIND Diet Meal Plan

Your Weekly Shopping List

Want to protect your cognitive function?

Here's what you need to eat, according to the MIND diet:

- Green leafy vegetables, at least six servings a week
- Other vegetables, at least one serving a day
- Nuts, five servings a week
- Berries, at least two servings a week
- Beans, at least three servings a week
- Whole grains, at least three servings a day
- Fish, one serving a week
- Poultry, two servings a week
- Olive oil, used in all cooking
- Wine, one glass a day



The MIND diet also recommends that you cut red meat consumption to less than four servings a week, cut butter or margarine to less than one tablespoon a day, slash cheese to less than one serving a week, cut pastries or sweets to less than five servings a week and limit fast food to less than one serving a week.



Peer 2 Peer are again offering *Free Online Mindfulness Courses*

After a difficult year, Your 2021 can be filled with a lot more happiness by learning how to be mindful

Learn, in the comfort of your own home, the mindfulness skills to cope with stress, depression, fear, and anxiety, within a supportive and friendly group setting and our expert mindfulness teachers.



Places on the course can now be requested on the Peer 2 Peer Mindfulness website.
[.peer2peer-mindfulness.co.uk](https://peer2peer-mindfulness.co.uk)

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Quiz Answers

Just for Fun

How's your Christmas knowledge? Test yourself with our festive quiz. All the answers will be printed in our next issue.

1. What did the other reindeer not let Rudolph do because of his shiny red nose?
2. The movie Miracle on 34th Street is based on a real-life department store. What is it?
3. What are the two other most popular names for Santa Claus?
4. In the movie It's A Wonderful Life, what happened every time a bell rang?
5. Which Hollywood actor played six different roles in The Polar Express?
6. In Charles Dickens' A Christmas Carol, what was the first name of Scrooge?
7. Which country did eggnog come from?
8. Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"
9. Which country started the tradition of putting up a Christmas tree?
10. What was the highest-grossing Christmas movie of all time?

It's the moment you have been waiting for, we asked you in our last issue to test your Christmas and now here are the much anticipated answers:

1. Play any reindeer games
 2. Macy's
 3. Saint Nicholas
 4. Father Christmas
 5. Angel has gotten its wings
 6. Tom Hanks
 7. Ebenezer
 8. Britain
 9. Rockin' around the Christmas Tree
 10. Germany
10. The Grinch

Does your GP know you are a carer?

COVID-19 VACCINATION PROGRAMME

Carers are now included in Priority 6 group

If you are not sure if your GP knows that you are a carer, Carers Northumberland are able to pass on your details to individual GP practices at the right time to help ensure that you are included in the correct priority band.

By working together with local NHS services we are hoping to relieve pressure on busy surgeries by reducing the need for individual phone calls, while ensuring carers are recognised and prioritised.

Call us on 01670 320025 or click here: <https://tinyurl.com/y4z xu2dy> to let your GP know your carer status



Useful phone numbers

- **Northumbria Healthcare Patient Helpline:** 0191 293 4306
- **Maternity Helpline:** 07823 907484
- **Onecall:** 01670 536400
- **Northumberland Communities Together:** 01670 620015
- **Citizens Advice Northumberland:** 03444 111 444
- **Northumbria Police:** Call 101 to report a non-emergency incident. Call 999 in an emergency.
- **Northumberland Early Help:** 01670 620 461
- **AgeUK Northumberland:** 01670 784 800.
- **West Northumberland Foodbank:** 01434 700 068
- **Northumberland Domestic Abuse Services (NDAS):** 01434 608 030
- **Talking Matters Northumberland:** 0300 3030 700
- **Carers Northumberland:** 01670 320 025
- **Northumberland Recovery Partnership:** 01670 798 200

