

What?

This Culture Shift project aims to help carers to structure some time into their day to support their own health and wellbeing. We believe that carers need to spend some time taking care of themselves in order to care for others. We recognise that it's not always easy to find time out as a carer but we have designed this bulletin for you to take as little or as much time as you can spare. It's just a starting point, it's carers o'clock.

When?

Every fortnight on Monday mornings until the end of July 2020. You are also invited to join our virtual cafe on alternate Mondays - a chance for carer to chat and 'have a cuppa' together in a safe and supported space. We will also be supporting each other online through our social media channels using the hashtag #itscarersoclock and would love to see your photos, tips and support to share with everyone in a caring role.

How?

To receive the bulletin straight to your inbox email
julia@cultureshift.org.uk
Copies of the bulletins are also available to download from our website, go to...
www.cultureshift.org.uk

A Culture Shift project supported by

YOU'RE INVITED TO OUR VIRTUAL CAFE!

When: 11am on Mondays

(27th April / 11th May / 25th May / 8th June /
22nd June / 6th July / 20th July / 3rd August)

When: From your home, via zoom! (zoom.us / downloadable app)

Enjoy a cuppa tea (or coffee) with us, Care For The Carers & other carers.

A chance to be involved in a friendly cafe-style meet up to chat, support each other and enjoy a bit of time for you. Email Julia@cultureshift.org.uk for the meeting zoom link.





Bulletin 7



Dealing With The Easing

1. Share



Talk to a friend or family member, call the Carers Helpline (contacts the Carers Hub and request a call back on 01323 738390 or email info@ctfc.org.uk)
Take part in an online carers forum (www.carersuk.org/forum) or join our Carers O'Clock virtual cafe. By talking to others, you can think through your anxiety, feel reassured and make plans that feel safe and manageable for you.

2. Get advice

Ask your GP to support you in understanding the risks for yourself and the person you care for. This will be different for everyone and many carers are concerned and feeling lost in 'the gap between vulnerable and shielded'. Having a professional opinion can help you feel reassured.



Easing through lockdown, your way...

3. Be prepared

Set about getting ready for life after lockdown by preparing a protection pack for yourself and the person you care for. This could contain a mask, hand sanitiser (how about making your own - <https://www.thejustice.org/article/2020/04/diy-hand-sanitizer-and-facemasks>), disposable gloves and antibacterial wipes. Getting these things together is an opportunity to talk through your plans and it is empowering to know that you are doing all you can to stay safe.



4. Small steps

Don't be over-ambitious at first. Crowded and noisy places will feel overwhelming to most people, especially if you or the person you care for are vulnerable. So make a plan to walk a short distance to start with, even if it's just to the end of the road. See how many people you encounter and how easy/difficult it is to stay socially distant. Congratulate yourselves when you do a successful trip. Enjoy a slow and steady return to the outside world!

With lockdown restrictions gradually easing, many carers are feeling anxious, confused and stressed about "the new normal" and trying to balance the need to protect themselves and the person they care for, along with their emotional needs and mental health.

How are you feeling?



Supported?

Anxious?

Conflicted?

Stressed?



There is no
'Normal'
response to lockdown
or the easing of it.

"We may not be there yet but we're closer than we were yesterday."