

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.





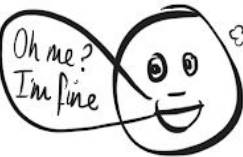
Bulletin 6



FINDING BALANCE

Are you...

Saying I'm fine when you mean..



VS



Eating well?
Or eating quickly?

Have you tried...

Drawing up a contract with the person you care for. Agreeing what you both need and setting some boundaries.

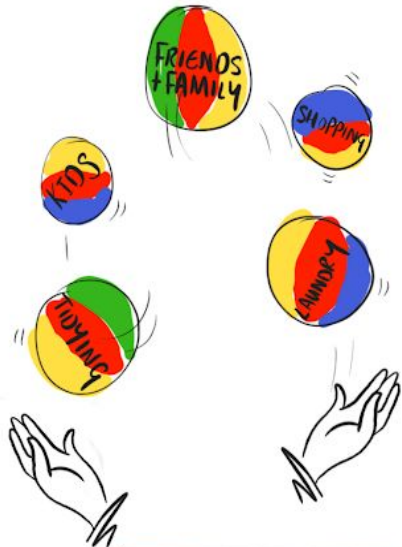
"In the past, I was sinking. I thought I wasn't going to reach the surface again. You keep treading water and it's not until you can't go on that you realise you should have looked after yourself better..."
full-time carer

Creating a schedule, having agreed routines, activities and 'chillout' times in a day

Getting enough sleep?



Planning themes for each day/ a few days of the week to help differentiate one day from another and to change up the focus of your day. Such as; shopping, being outdoors, seeing friends, cleaning.



Juggling too much?
Finding it hard to say no?



Where can you turn when the going gets tough?

"Friends are great but you don't want your caring role to be all you ever talk about with your friends. It's great to meet other carers and to talk to people who understand and really 'get it'"

full-time carer

2. Seek expert support

Care For The Carers is the Carers Centre for East Sussex and offers a helpline service, providing information, practical and emotional support. Contact them via their website at www.cftc.org.uk or on 01323 738390

1. Talking to other carers

Through the COVID-19 crisis, Culture shift have been hosting a virtual cafe for carers via zoom on alternate Monday mornings. See www.cultureshift.org.uk or email julia@cultureshift.org.uk to be sent the link.

3. Access adult Social Care services

East Sussex County Council deliver 24 hour support to carers including financial support, respite and health care.

Contact the Health and Social Care Connect team at www.eastsussex.gov.uk/socialcare or email HSCC@eastsussex.gov.uk or phone 0345 60 80 191

4. Speak out when you need to

You may need someone to talk to at anytime and it's vital to recognise that there is ALWAYS someone who is there to listen. The Samaritans are not just there for people in crisis, they are there to help you avoid a crisis.

So if you need a willing ear and some excellent, confidential support at any time of the day or night, the Samaritans helpline is there for you.

Call them free on 116 123