

Gloucestershire

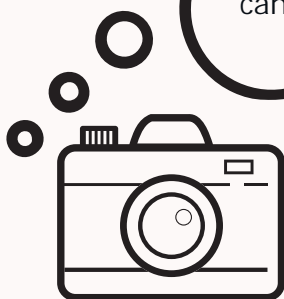
Carers **Hub**



Autumn 2022 Newsletter



If you would like your own photograph to feature on the cover of our next newsletter, please email to bookings@peopleplus.co.uk (Please include information you are happy for us to share so we can credit the photograph.)



More information inside:



Contents

Page	
2	Carer Aware Discount Card
3	Warm and Well
4	Be Empowered
5	Gardening with Tracey
7	Your Wellbeing Matters - A Parent Carer Reflection
8	Slow Cooker Recipes
9	Winter Wellbeing - The Nights Drawing In
10	Mindful Colouring and Self Care Bingo
11	Volunteering with Us, Invitation to Carers Rights Day Event



We want to hear from you:

If you would like to give feedback or write an article for the next newsletter, please email bookings@peopleplus.co.uk

Get in Touch



Dear Carers,

Welcome to our latest Newsletter, we hope you have enjoyed the summer. We have been very busy over the summer where we saw the launch of our Carer toolkit sessions 'Be Empowered' both face to face and online, more information on this later. We have had visits to local landmarks and hosted our first picnic extravaganza. We have met some of you at our events within the community and hope to meet more of you in the coming months.

We are here for you, whether it's for advice, information or that things have begun to become overwhelming and you just want someone to talk to.

Please call us on **0300 111 9000** if you need support and one of the team can assist you.

If you have changed your contact details or your circumstances have changed please update us.

We hope you enjoy this edition of our newsletter.

We wish you a happy and enjoyable autumn.

Warmest regards to you all,

Gloucestershire Carers Hub



Join us for Carers Rights Day 2022

On Thursday 24th November 2022 it's Carers Rights Day. We will be holding a number of online events during the week this falls within.

On Carers Rights Day we will be holding an event at Churchdown Community Association. The event will run from 10.30am to 1.30pm and there will be goodie bags for Carers. Please share this with anyone who you may know that is a Carer.

We welcome both you and the person you support along to meet with some of the Carers Hub team and other organisations.

For more information about the event:

Call 0300 111 9000 or email bookings@peopleplus.co.uk



0300 111 9000

carers@peopleplus.co.uk

www.gloucestershirecarershub.co.uk

Discount Card



Do you have your Carer Aware Discount Card yet?

Looking after someone maybe a significant part of your life and caring can be hard work.

To support you in your caring role, we have arranged discounts with local businesses and a number of shops across the County.

The Carer Aware Discount card will allow you to access these discounts. An up to date list, showing where you can use your card, is available on our website. <https://gloucestershirecarershub.co.uk/carera-aware/businesses-offering-a-discount/>

If you would like to volunteer to help us achieve more local discounts from your favourite places, we'd love to hear from you or, if you are a local business and would like to support Carers, please get in touch so that we can highlight your details on our site.

We also have Carer Aware lanyards and badges.

For more information contact:
careraware@peopleplus.co.uk or call 0300 111 9000

“
We feel privileged to have the card. We have used it in a variety of places including Gloucester Cathedral and Marks and Spencers. We will try it elsewhere.
”



It's not just our discount providers who accept our card.

Our Carer Aware Discount Card has been used at the Sea life Centre, Madame Tussauds and Ripleys in Blackpool.

We would love to here from you about where you have used your discount card.

Email: careraware@peopleplus.co.uk



With energy prices rising and the price cap increasing, it's easy to feel overwhelmed when dealing with your home energy, but you don't have to struggle alone. The Warm and Well project runs a free energy advice line, as well as providing one-to-one energy support, to help you get on top of your bills.

Funded by the seven local authorities in Gloucestershire & South Gloucestershire, Warm and Well also administer energy efficiency grants, which can be used to make a range of home energy improvements. Subject to eligibility, grants are available for:

- heating
- insulation
- replacement windows/doors,
- renewable energy options such as solar and air source heat pumps

If your household income is under £30,000 and you privately own or rent an inefficient property, you could qualify for support.

Call Warm and Well free on **0800 500 3076** to speak to one of their friendly and professional advisors.

They can support you with the grant application process and offer advice on using energy in the home.

If you want to find out more about the grant schemes available via the Warm and Well project, you can visit the Grants and Funding section of their website.



Here are some quick tips which may help you save money:

- Turn down your thermostat by 1 degree
- Turn things off
- Use low energy lightbulbs
- Wash clothes at 30 - 40 degrees
- Boil your kettle once and store the water in a thermos
- Draft proof your home where you can



Are you struggling with your energy bills?

As well as their energy advice line, Warm and Well also have dedicated Energy Advocates who work across the county to make sure that no one has to struggle with their energy bills alone. They hold regular drop-ins, work with local community groups and carry out home visits, to tailor their support to residents' needs. An Energy Advocate can help you take control if dealing with your home energy is becoming overwhelming.

They can support you with a range of issues:

- Managing fuel debt and large energy bills
- Accessing emergency credit and grant funding for energy efficiency improvements
- Home visits to understand how you use energy at home, and how to reduce it
- Access to further local support services where necessary

If you're struggling with your bills, you don't have to suffer alone.

Call Warm and Well on **0800 500 3076** (Monday-Friday, 9-5) or contact their Energy Advocate via the Warm and Well website.

<https://warmandwell.co.uk/>





Be Empowered

Our Be Empowered sessions give you the opportunity to enhance or learn new skills to help prepare and support you in your caring role. You can add to your tool kit of information, which helps to improve your wellbeing and develop an awareness of what support and guidance is available to you.

Come along to as little or as many sessions as you would like to.

Know your rights as a Carer

- To provide information to help you access support and advice based on the Laws and Policies
- What The Care Act means to you

Communication with services/ talking to the professionals

There are two sessions exploring communication

Planning conversations and how to make yourself heard

- Types of communication that you can use
- How to successfully put communication strategies into practice
- Explore your boundaries when talking to professionals and how to overcome them
- Hints and tips to communicate confidently with services

How to negotiate & compromise

- Communication barriers and how to talk to professionals to achieve realistic goals
- How to raise concerns effectively

“

I have no prior training and felt alone, unsure how to manage in my new and difficult caring situation. This is no longer the case and I feel better prepared for conversations and how to look after myself

”

“

I am finding these sessions so useful and timely. I have lost my confidence and felt like i'm hitting my head against a brick wall. The session has helped me think about me, and given me the confidence to be heard

”

Looking after yourself as a Carer

- How you can look after yourself in your caring role
- It's focus is on Carer wellbeing and practical ways to achieve it

Technology & services available to support you as a Carer

- Explores the different types of services and technology available in the county
- How to access these services

Building resilience - how to bounce back and keep on caring

- We explore different techniques to help you cope under difficult situations
- Ideas of how to build your own ability to cope and manage under pressure

How to say no - setting your boundaries

- Ways to improve the clarity of roles
- Establishing and maintaining healthy boundaries to give everyone a sense of safety and control

Dealing with Carer guilt & compassion fatigue

- How compassion fatigue develops
- What it looks like as a Carer
- Ways to reduce the risk
- What to do if you need further help

To find out more about our virtual and face-to-face Be Empowered sessions.

Call:

0300 111 9000

or email

bookings@peopleplus.co.uk



Autumn Gardening with Tracey

With Autumn on our doorstep, it's time to think about what needs to be done in the garden.

If you have grown fruits and vegetables, these will need to be harvested, you can collect everything up and think about freezing, preserving or sharing a little of your harvest with others. Why not do a produce swap with someone else. Give some of what you have plenty of and in return get something that you don't have. Here are a few ideas for saving some of that lovely produce for eating later in the year.

Tomatoes

Tomatoes can be cooked down using a slow cooker or on the hob and then mashed or blended to make a lovely tomato passata sauce base for soups, stews or bolognese. If you can remove the skins and seeds first you will get a smoother sauce, but you don't have to.



Runner Beans

Can be blanched by boiling for 2-3 minutes and then plunging into iced water before draining and freezing.

Plums

Plums can be picked and stewed, again using a slow cooker or hob, then frozen in bags. If you are keen then why not make some jam to eat later in the year. Don't forget to look out for those plum stones as they help the jam set so pop them in a muslin bag and dangle them in the pan while cooking the jam.

Even herbs can be cut and frozen in small amounts to see you through the winter!



Tomato Relish Recipe

Ingredients

- 1.75kg Ripe tomatoes (roughly chopped)
- 1kg Finely chopped onions
- 1 x Crushed garlic clove
- 1/2 tsp Chilli flakes
- 1tsp Mustard seed
- 1tsp Ground ginger
- 1tsp Chilli powder
- 750g Caster sugar
- 100g Light brown soft sugar
- 450ml Malt vinegar

Method

- Put all ingredients in a large pan (except sugar and vinegar)
- Bring to the boil
- Simmer for 1 hour until it thickens
- Add in sugar and vinegar
- Continue to simmer for 20 minutes plus until it thickens
- Allow to cool slightly
- Decant into jars



Planning for next year

If you are thinking about what to grow next year, it may seem like a huge task right now. Here are a couple of easy to grow flowers that will fill any room with a gorgeous perfume.

Sweet Pea's

Sweet pea's are traditionally sown outdoors from April onwards and flower in the summer months. Have a go at some Autumn planted sweet pea's by pushing the seeds into damp pots of compost or use the cardboard tube method, filling cardboard tubes with compost and standing them in a tray. The seeds will slowly germinate over the winter and give you a real head start for next year. Try planting these in late October early November and protect them from frost.



Freesia Corms

Freesia Corms can be planted from September to November as long as they are undercover. Pop them in pots of compost and keep them in the greenhouse or cool porch. They will flower for Spring and give off a beautiful fragrance. Cut some flowers and bring them indoors to brighten your room with colour and smell.



Making Mulch

If you are feeling energetic get outdoors on dry days and mulch the borders with well rotted homemade compost. When the leaves begin to fall, rake them into piles for composting as leaf mould, which makes great mulch for free. All these Autumn activities help to keep you fit and active and can lift your mood.



Add some colour to your space

If you want to add some colour to your garden over the coming months then try planting up some pots, baskets or planters with Cyclamen and ferns to create a lovely display as it get colder.



Remember the bamboo cane plant support I made for the summer newsletter, well here it is with a dwarf wisteria growing up it. Really easy and cheap to make and once the plant has grown you can hardly see it. It would also be useful for patio grown peas, beans and nasturtium next year and could be made with willow or hazel rather than bamboo canes.



Happy Autumn
Gardening Everyone!

Do you find our gardening section useful, would you like to see something else. Email bookings@peopleplus.co.uk with your suggestions.



Your Wellbeing Matters - a Parent Carers Reflection

I am a Parent Carer to two boys under 10. There are so many different feelings I have gone through on my journey, and although our journeys may be different, there are probably many things we share. Here are some things that I have found helpful to manage my own wellbeing as well as that of my children.

As Parent Carers, we aren't working for someone, there isn't a manager we can call on for help or guidance after a particularly difficult day so it's really important to have and utilise the support of friends and family. **Having a support network is so important**, even if it's a group on social media you feel comfortable with to share the experiences and support with others in a similar situation.

Acknowledge your feelings and don't feel guilty about them. Sometimes we have to help our children recognise and manage their feelings. The same goes for us too. Sometimes we can feel so busy with one thing or another we fail to take time to reflect on how we are doing and recognise where we might need some support or a break.

Acknowledge that it's a tough role – and you're doing your best. This isn't asking everyone to be a martyr or suffer in silence, but acknowledging our strengths is important for our wellbeing. So, it's about not thinking "this is so tough, I can't do this" and more "this is tough and I'm doing it and I deserve to have my feelings acknowledged" and to reflect tip number 1 – ensuring you have a support network in place to help manage this.

Set aside some time for you, whether you're working and caring part time or your children are home (mine are at school in the day, but I work full time so I assign myself an hour or so in the evening to catch up on TV, read or just nap on the sofa!) Paraphrasing the flying safety instructions – fit your own oxygen mask first before anyone else's. This isn't saying you're more important – but making sure you're fully capable to look after others by taking care of your own needs.

Plan, plan, plan; Scheduling apps are really handy to keep on top of appointments and follow ups, and keeping all documentation organised and in order is very helpful. The combination of a scheduling app for tasks and calendars for appointments has been a life saver for me. Children also benefit from knowing what's going to happen, especially when their normal routine isn't going to be followed e.g. half term and school holidays.

There are always going to be good days and bad days. These are some things that work for me, they might work for you or they might need some adapting.

There isn't a one-size fits all but hopefully you will be able to take something away from this piece. If you have a bad day, morning, hour...whatever it is, acknowledge it and draw a line under it. Wherever we are in life and our journeys as Parent Carers, we've got this.

Written by Abby Booth

If you would like to share your story or hint and tips that could benefit other Carers please email bookings@peopleplus.co.uk

Support available for Parent Carers



Gloucestershire Carers Hub run a Buddy Up scheme this could support you in growing your network call 0300 111 9000 for further information.

Buddy Up is available to all Carers.

The Gloucestershire Parent Carer Forum could support you as a Parent Carer, please visit: <https://glosparentcarerforum.org.uk/>



Slow Cooker Recipes



With the cost of living rising, slow cookers are more energy efficient than using your oven or hob.

We have found some nice and easy slow cooker recipes for you to try.

If you have any recipes you would like to share with us please email them to bookings@peopleplus.co.uk

Classic Stew

This recipe can be made with or without meat

Ingredients

- Meat of choice (if applicable)
- 2 x carrots
- 1/2 a swede
- 2 x parsnips
- Beef stock cubes
- 1 x onion
- 2 x tbsp Worcestershire Sauce

Method

- Chop up vegetables and put them into the slow cooker
- Add in meat if you are using any
- Fill with water mixed with stock cube and add Worcestershire sauce
- Turn on your slow cooker and cook for 4 hours on high or 8 hours on low



Rice Pudding

Ingredients

- 110g (4 oz) pudding rice
- 25g (1 oz) granulated sugar
- 25g (1 oz) margarine or butter
- 1.2L (2 pt) milk
- ground cinnamon, nutmeg or vanilla extract (optional)

Method

- Use some of the butter to grease the bowl of the slow cooker
- Add the milk, sugar and remaining butter and either ground cinnamon, nutmeg or vanilla extract
- Give the contents a stir and replace the lid
- Turn the slow cooker onto high and cook for 4 hours or until the rice has absorbed the liquid, stirring halfway through

Vegetable soup

Ingredients

- All vegetable work well in vegetable soup so add whatever vegetables you like. It could be carrot, swede, potato, leek for example
- Vegetable Stock

Method

- Add some vegetable stock
- You may want to add in some Worcestershire sauce
- Cook until all vegetables are tender
- Blitz or leave chunky



Wellbeing in Winter - Dark night's drawing in

By Wellbeing Coach - Olivia Duffy



Do you struggle as the days get shorter and the dark nights start drawing in?

Whilst some people look forward to the cosy nights in with the heating on, I think the current climate and cost of living crisis is giving everyone an overwhelming sense of anxiety and worry. We hope throughout this article we can help you to cope and work on your wellbeing as the Autumn and Winter seasons start to creep up on us.



Put into practice the **5 ways of wellbeing**. The NHS guidance suggests that carrying out the 5 ways of wellbeing can significantly improve your wellbeing.

Take Notice – be aware of your surroundings and learn to appreciate them.

Connect – Whether it be on social media, or in person. Take time to speak to friends old and new, family, or even a neighbour.

Give – Whether it be your kindness, a tin out of the cupboard or a donation of some clothes to charity.

Be Active – Now, even though winter is coming and the weather is sure to be getting colder, take the time to get out for a nice crisp walk. Or get yourself warmed up by doing a light workout. Even cleaning up can be a form of exercise.

Learn a new skill – Spending more time in the house can give you some valid time to take up something you have never done before, or that you have always wanted to learn. It does not have to be intense, but just make sure its something you want to do and have taken an interest in.

Although we tend to feel more tired when the days are darker, try to stick to your normal routine and get as much natural light as you can. If you feel like the changing of the seasons or your mental health is starting to decline, make yourself aware of available resources, whether they are online or locally. Be aware of SAD (seasonal affective disorder) and the signs and symptoms and seek appropriate help or peer support. More information can be found at: <https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>

Organisations for information

MIND Charity Infoline - 0300 123 3393, their Infoline provides an information and signposting service. They are open 9am to 6pm, Monday to Friday (except for bank holidays). www.mind.org.uk

Samaritans – open 24 hours a day, 365 days a year to listen to anything that's upsetting you. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).

SANEline – support for people experiencing a mental health problem or supporting someone else. You can call them on 0300 304 7000 (4.30pm–10.30pm every day).

Campaign Against Living Miserably (CALM) – support for anyone who wants to talk. You can call them on 0800 58 58 58 (5pm–midnight every day)

Useful numbers and contacts

Gas Board 0800 111 999
Power Cut 105
Water Board 0800 783 4444
Non- Emergency Police 101
Health Emergency 999
Healthcare Advice 111
Adult Social Care Emergency Duty Team
01452 614194

Your Circle is a directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire <https://www.yourcircle.org.uk/>

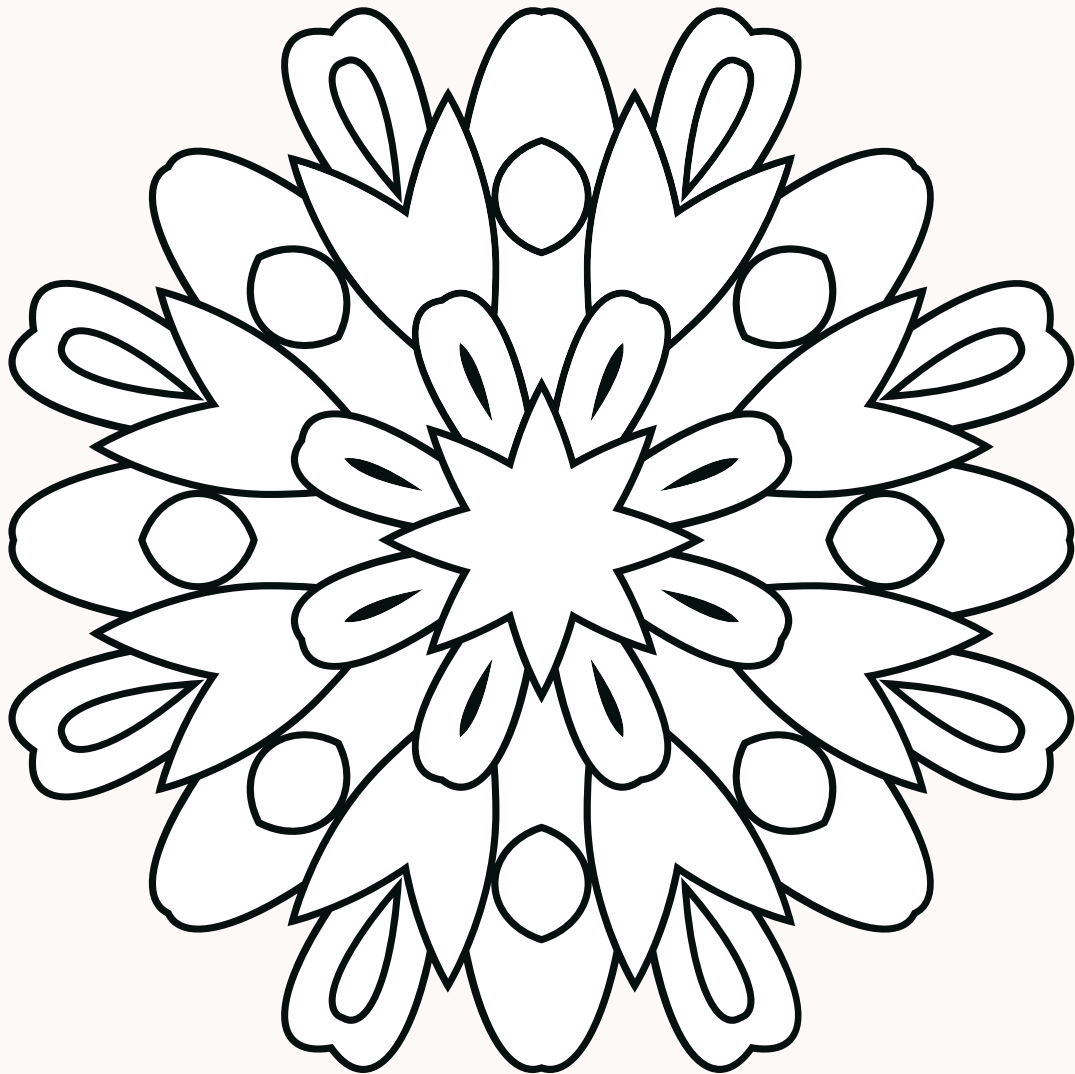
Gloucestershire's Inclusive Online Community Space
<https://www.yourewelcomeglos.org/>

Gloucestershire Family Directory
<https://www.glosfamiliesdirectory.org.uk/>



Mindful Colouring

Take some time out to colour the image below. Once you have coloured in your image email into us to add it to our Carer gallery in the next edition of the newsletter.




Self Care Bingo

With this self care bingo, you can set your self a challenge to complete something for your own wellbeing.

It could be over a period of a week or a month. Set aside a few minutes to complete something for you.

We would love to know how you get on, email bookings@peopleplus.co.uk if you have enjoyed the self care bingo.

Took time for me	Tried something new	Treated myself
 Went Outside	Challenged negative Thoughts	Moved my Body
Gave myself a compliment	Practiced being mindful	Connected with someone

We are currently developing our new and exciting volunteer programme for the Gloucestershire Carers Hub.

Outdoor Volunteer

Do you enjoy the outdoors?



Could you facilitate and lead an outdoor event such as a picnic or a regular accessible walk?

We are currently looking for someone to over see regular walks for Carers and the individuals which they support that would be easily accessed by all who would like to attend.

You would need to be organised, approachable, enjoy the outdoors and have knowledge of local walking locations.

Phone Support

Could you volunteer to provide a short amount of time to cover our phone lines from home out of hours?

We are looking to trial an out of hours phone line which will cover two hours on a Saturday and Sunday There are also one - two hours on a weekday evenings available. We are looking for people with some spare time who would like to support Carers in their time of need. This role is working from home and training will be given.

If you are interested in either role please email: gloscarershubvolunteering@peopleplus.co.uk or call 0300 111 9000



Invitation to join us



Carers Rights Day Event
Thursday 24th November 2022

Churchdown Community Association,
Parton Road, Churchdown, Gloucester GL3 2JH
10.30am - 1.30pm



Come along and meet local services and professionals.
For more information email bookings@peopleplus.co.uk or
call 0300 111 9000