

Carers Week- 8th-14TH June

About Carers Week

Carers Week is an annual awareness campaign to bring caring out into the open – recognising the contribution carers make to families and communities throughout the UK. This year, people across the country are facing new challenges as a result of the coronavirus outbreak, with many carers increasingly taking on more. Those looking after someone should be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. There are 6.5 million people in the UK who are carers. They are looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring impacts on all aspects of life from relationships and health to finances and work. As carers are experiencing even more challenging circumstances this year, it is vitally important that we both recognise the contribution that carers make to their local communities, but that we also connect them to support to help them manage their own health and wellbeing. This is why our theme for Carers Week 2020 is Making Caring Visible. All of us, wherever we live, whatever we do, have a part to play. In 2020, Carers Week is made possible through Carers UK working together with five other major charities: Age UK, Carers Trust, Motor Neurone Disease Association, Oxfam GB and Rethink Mental Illness.



At Ealing Carers Service, we pride ourselves in recognising and valuing the role of a carer. Our Charity has a sense of a community approach towards our carers, always listening, being respectful and responsive to your issues and concerns.

This Global Pandemic, has created even greater challenges and it is vital carers are emotionally supported even more so during these troubled times.

With many people having to self-isolate it has meant that we have had to explore different ways to connect with the carers in our community. We are still available to give information and advice over the phone and have also introduced a telephone befriending service, shopping service and free food parcel service. Our activities have always been popular at the Centre, so with the help of our regular instructor's, we have been able to continue these with weekly virtual classes via the Zoom app.

This has made the planning for Carers week this year very different. We have tried to include different activities throughout the week, including exercise classes, mindfulness and wellbeing, a Q&A session with a local Solicitor's specialising in issues that may be relevant to you as a carer and general information and advice.



Please see the full timetable below. The listed activities with a link are live and accessed via the Zoom app.

For any of the exercise sessions, please log in before the session starts to listen to some important health and safety advice from the instructors.

If you wish to access one of our sessions with the Solicitor, you will need to click on the link and choose which topic you are interested in and complete the registration form. This is so that the Solicitor can contact you individually if you require further support.

MONDAY

In the morning we have Yoga with Harpal Sahota

The session starts at 10.30am and finishes at 11.30am

To access, please click on the below link and follow the on screen prompts.

<https://us02web.zoom.us/j/82214853326?pwd=UHdldDZ2T0g2L3NJbHA4bnY0NkM4QT09>

Meeting ID: 822 14853326

Password: 414736

In the afternoon, from 14.00 – 15.00 we have Marie Quinn from M2M Solicitors.

Marie will be doing a presentation followed by a Q&A session. The subject will focus on redundancies, furlough and settlements.

https://zoom.us/meeting/register/tJUrc-qpqzsjGtdCk6_VRj-Og9b3GCPKNCTP

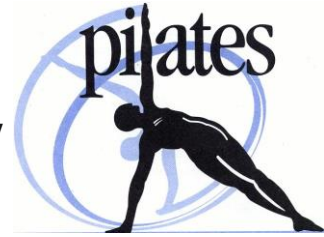


TUESDAY

In the morning we have Pilates with Patricia. The session starts at 10.00am and finishes at 11.00am.

To access the session, please click on the below link and follow the on screen prompts

<https://us02web.zoom.us/j/81705472893?pwd=bGMzSjduaUlyNjdsTHZjdGNLYnJMUT09&status=success>



Meeting ID: 817 05472893

Password: 024024

At 11.00am and finishing at 12.00 we have a talk on 'Life after Caring' with Vinnette Campbell.

Vinnette is one of our regular carers at our Centre.

Vinnette would like to share her experience of the difficulties faced when your caring role comes to an end. This could be because the person you cared for may no longer need your support, or perhaps they are now looked after by someone else.

However, caring often ends when the person you care for dies. Whatever the circumstances this can leave a big gap in your life and brings very mixed emotions. There will be practical matters to deal with and adjustment to changes as you 'rebuild' your life.

Join Zoom Meeting

<https://us04web.zoom.us/j/74469432045?pwd=MVBkZVJseWc5bVZ1bV>

Meeting ID: 744 6943 2045

Password: 9bwLa7



14.00 – 15.00 we have Marie Quinn from M2M Solicitors.

Marie will be doing a presentation followed by a Q&A session. The subject will focus on Wills and Probate.

https://zoom.us/meeting/register/tJUrc-qpgzsjGtdCk6_VRj-Og9b3GCPKNCTP



WEDNESDAY

The current health crisis has upended our lives; if it would help you to come back to a calmer sense of yourself, more grounded, with easier breathing, then you might find it very useful to try Feldenkrais.

Feldenkrais works by heightening our awareness of our movement, breathing and posture, the Feldenkrais Method® brings us closer to realising our full human potential. Bringing this into our lives, we learn to move more freely, with greater ease, flexibility and grace. The Method can permanently improve our posture, balance and coordination, awakening our innate capacity for life-long vitality and continuing self-development.

Start your morning with a Feldenkrais session with instructor Johnathan Clay from 10.00am – 11.00am.

Join Zoom Meeting

<https://us02web.zoom.us/j/83534462481?pwd=bTRuNjdWdE4rQ2c2dVhRejk2SE1uUT09>

Meeting ID: 835 3446 2481

Password: Movement



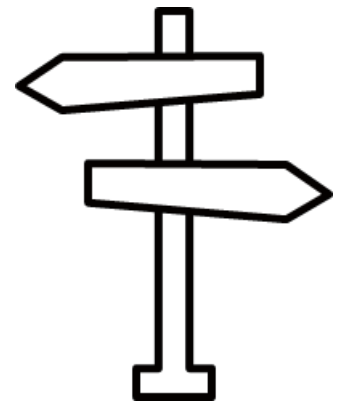
Notes:

Developed by Moshe Feldenkrais DSc (1904-1984) physicist, engineer, martial artist, The Feldenkrais Method, enables you to re-organise movement by becoming aware of how you do things, so that you can do what you want in life more easily, comfortably and pleasurably. Classes last about an hour, please wear loose clothing. Lie on a mat, rug or blanket thick enough for comfort, thin enough to feel floor through. Allow enough space to reach behind when lying flat and to walk around.

Jonathan Clay Student Teacher Feldenkrais Method

Do you need some guidance around Benefits or Health and Social Care?

From 11.00 am till 13.00 we have Shirley Wheatley, one of our advisor's available to answer any questions you may have. Shirley will be providing 15 minute individual sessions, so please call **020 3137 6194** the day before to book a slot.



In the afternoon from 12.30 – 13.15 we have Zumba with our instructor Jack. To access, please click on the below link and follow the instructions.

<https://us04web.zoom.us/j/916109931?pwd=d083Q01UQzQ3bzhCeDBRYmlURnpuQT09>

Meeting ID: 916 109 931

Password: 002058

From 14.00 – 15.00 we have Marie Quinn from M2M Solicitor's.

Marie will be doing a presentation followed by a Q&A session. The subject will focus on Court of Protection.

https://zoom.us/meeting/register/tJUrc-qpgzsjGtdCk6_VRj-Og9b3GCPKNCTP



THURSDAY

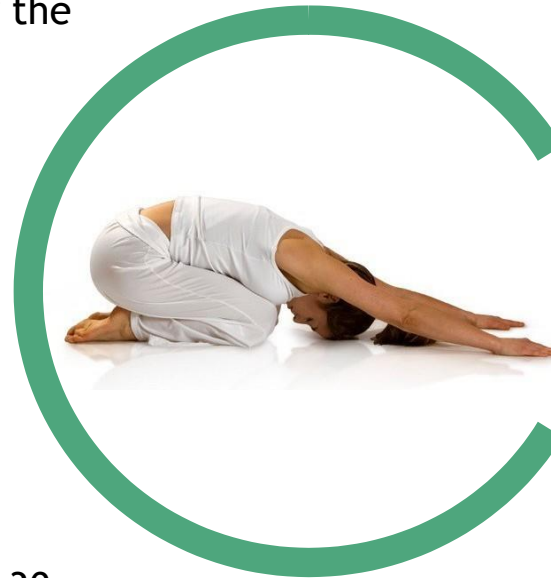
Start your morning with either a Yoga or Pilates session (or both if you feel up to it) The Pilates class is with Patricia from 9:15am -10:15am

To access, please click on the below link and follow the instructions.

<https://us02web.zoom.us/j/81705472893?pwd=bGMzSjduaUlyNjdsTHZjdGNLYnJMUT09>

Meeting ID: 817 0547 2893

Password: 024024



Yoga is with Harpal Sahota and is from 10.30am -11.30am.

To access, please click on the below link and follow the instructions. [https://us02web.zoom.us/j/87454067833?](https://us02web.zoom.us/j/87454067833?pwd=TjAvTkIVMHZTRUtJa1FnRHQyN094UT09)

us02web.zoom.us/j/87454067833?pwd=TjAvTkIVMHZTRUtJa1FnRHQyN094UT09

Meeting ID: 874 5406 7833

Password: 579811

In the afternoon we have Marie Quinn from M2M Solicitors.

Marie will be doing a presentation followed by a Q&A session.

The subject will be Power of Attorney.

https://zoom.us/meeting/register/tJUrc-qpqzsjGtdCk6_VRj-Og9b3GCPKNCTP

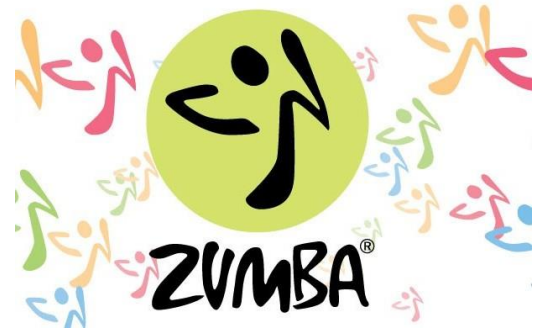
FRIDAY

Enjoy an invigorating Zumba session with instructor Jack from 12.30pm – 13.15. To access, please click on the below link and follow the instructions.

<https://us04web.zoom.us/j/916109931?pwd=d083Q01UQzQ3bzhCeDBRYmlURnpuQT09>

Meeting ID: 916 109 931

Password: 002058



From 14.00 – 15.00 we have Marie Quinn from M2M Solicitors.

Marie will be doing a talk followed by a Q&A session. The subject will be around Pitfalls and other legal considerations for people with Dementia.

https://zoom.us/meeting/register/tJUrc-qpqzsjGtdCk6_VRj-Og9b3GCPKNCTP

Please note

You should always consult your physician or other healthcare provider before changing your diet or starting an exercise program. The above exercise sessions are free as part of carers week. To participate, you agree to assume full responsibility for any injury that you may incur and waive all claims against the instructors.

More interesting links to keep you occupied

Mind food

Gardening and Nature activities are a great way to improve your wellbeing. MindFood is an Ealing based charity that supports people with depression, anxiety and stress to improve their wellbeing through gardening and horticulture.

MindFood run courses from two beautiful green sites in Ealing, Cleveley Crescent near Hanger Lane tube station and Horsenden Hill near Perivale tube station.

The courses are designed to be a fun balance of learning how to grow a wide range of fruit and vegetables, whilst becoming more mindful of ways to improve our wellbeing.

Although the courses are currently suspended due to Covid 19, there is still plenty of information and ideas available on the MindFood website mindfood.org.uk

Lucy Clark is an operational director and food and wellbeing grower from MindFood, teaching wellbeing and food growing techniques
Lucy has put together some interesting information and ideas for us to share during Carers Week. Lucy very kindly recorded this, on a very windy day from her back garden, despite the noise of the wind in the trees.
Although MindFood is an Ealing based Charity, the links can be accessed by anyone.

Please click on the below link

[Click to Download](#)

Naomi Goodlet - Mindfulness in Nature

<https://youtu.be/7nsmuPT7fw>



<https://www.nhm.ac.uk/take-part/identify-nature/common-uk-bumblebees-id-guide.html>



<https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>

**Zoo tours
& other
virtual
tours**

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Learn a language

Crafty Stuff

[duolingo.com/courses](https://www.duolingo.com/courses)



<https://www.realhomes.com/news/16-craft-ideas-to-try-in-lockdown-learn-how-to-knit-bake-draw-and>

Although the restrictions of the lockdown are slowly being lifted, you may still have some reservations about going out, especially if you or the person you care for has a serious health condition. If you would like our support, we can help with:



- ◆ Shopping
- ◆ Collecting prescriptions and medications
- ◆ Correspondence eg. Posting your mail
- ◆ We can even help with pets, such as walking your dog

Even if you just want to hear a friendly voice, please just give us a call on
020 3137 6194.

We will continue to keep you updated with news about the centre and activities. In the meantime we hope that you stay safe and well.

Best wishes from all at Ealing Carers Centre