



Weldmar Hospicecare
Caring for Dorset

Reg Charity No: 1000414



Supporting Carers

Some statistics posted by Dorset Healthcare have really opened our eyes to the amount of work YOU, as unpaid carer's, do and we wanted to share them with you.

- Carer's save the economy £132 billion per year, that's an average of £19,336 per carer
- The number of carer's nationally increases by 6,000 every day
- By 2037, it is anticipated that 9 million people will be carer's

We think the figures speak for themselves and it is clear that you are all so passionate to provide extraordinary levels of care for loved ones with increasing needs, day in and day out.

A very big THANK YOU from us at Weldmar for this.

Welcome to our February Carer's Newsletter



Hello and welcome to our second Weldmar carer's newsletter. The sun has set and risen many times since then. This is a personal photo, taken at the top of the Ridgeway, on a cold bright day, last week.

It has been two months since we published our first newsletter and lots has happened in that time; we've had Christmas, vaccines against Covid-19 have been approved, Donald Trump has left presidency and Boris Johnson has put us all in another lockdown.

That word 'lockdown', a word we would have never have thought would be used just over 12 months ago! It has never been so important for us to reach out to you as carer's, as it is now. We understand how isolating and lonely it can be to have full time caring responsibilities at any time, let alone continuing to do this through a national lockdown without the usual help from family and friends, and with limited or no support from local services.

Carer's Support Group via Zoom



As a result of these challenging times and wanting to extend our support to you all, we have started a Carer's Support Group via Zoom. We have had three sessions and members have fed back that it has been useful. We hope that this will enable you to gain information and connect with other carers who are in similar situations; it will be a safe space to share your thoughts and feelings with others if you wish to do so. Not forgetting the sharing of a cuppa and a slice of cakeas we've not yet worked out how to do this virtually!

The next scheduled meeting is:

PLEASE NOTE THE ZOOM MEETING DETAILS BELOW HAVE CHANGED

Friday 5th February 2021.

It will run from 2pm-3.30pm

The plan is to hold this meeting at the same time, on the first Friday of every month.

Please click the link below to join the meeting:

[Click Here to join the ZOOM Meeting](#)

Or type in the information below:

Meeting ID: 438 897 5690 Passcode: 7p93Qh

Did you know Carers are now in a priority group for the covid vaccine?

We welcome the inclusion of unpaid carer's in the publication of new COVID vaccination advice from the Joint Committee on Vaccination and Immunisation (JCVI) published on 30.12.2020. This advice recommends that carer's who are in receipt of Carer's Allowance or are the main carer of an elderly or disabled person, whose welfare may be at risk if the carer contracted COVID, should be included in Priority 6 alongside people with underlying conditions.

The list of priority groups as shown below:

- residents in a care home for older adults and their carer's
- all those 80 years of age and over and frontline health and social care workers
- all those 75 years of age and over
- all those 70 years of age and over and clinically extremely vulnerable individuals
- all those 65 years of age and over
- all individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
- all those 60 years of age and over
- all those 55 years of age and over
- all those 50 years of age and over

Please visit the government website to read more about this:
<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-30-december-2020>

Mindfulness ... have you ever tried it?

If you're looking after someone, it might be hard for you to take time for yourself at all, let alone switch off mentally from your worries or stresses that come with caring for someone.

Mindfulness is the practice of paying attention to thoughts, sounds, the sensations of breathing or parts of your body, or absorbing yourself in an activity that allows you just focus on what's happening. Of course, sometimes controlling our anxiety, worry or stress is something we need more support for, but when it comes to everyday wellness, mindfulness is a great way of taking care of ourselves.

We've collected some creative ways of practicing mindfulness to get you started:

Mindfulness or Calming Apps

Headspace

Meditation made simple with guided meditations suitable for all levels from Headspace. Meditation can help improve your focus, exercise mindful awareness, relieve anxiety and reduce stress. Start with its free Take10 program, and you'll learn the basics of meditation in just 10 minutes a day.

Free | Available for iPhone and Android

Calm

Need a little more calm in your life? Calm is the right app for you. It can help you meditate, sleep, relax and much more. By downloading this neat little tool, you'll discover how meditation can improve your mood and your life. Highlights include "7 Days of Calm" – a programme to help you learn how to meditate in seven days, and beautiful, immersive nature scenes with soothing background sounds.

Free | Available for iPhone and Android

Adult Colouring

As you know, colouring books aren't just for children anymore. The hot new relaxation trend, the Adult Colouring Book, has arrived on your smartphone! Turn on the mesmerising ambience and engage yourself in hours of peaceful colour therapy with hundreds of designs to colour in, including mandalas, flora, fauna, geometric, and many more types of artwork. Just select your colour and tap to paint.

Free | Available for iPhone and Android

Relax Melodies

Are you having trouble nodding off when you go to bed? Relax Melodies is a fantastic sleep aid app that will help you get a full night's sleep. Select sounds and melodies that you like and combine them to create a mix. Adjust the volume of each sound individually for better results. Lay back, listen, and enjoy falling asleep. It's that simple, and it works. Use timers and alarms if required.

Free | Available for iPhone and Android

Journaling

Journaling in general is a great way of letting out your emotions, thoughts and feelings in a private space. All you need to get started is a pen and something to write in, and you're ready.

Gratitude Journaling – Try setting aside ten minutes out of your day to write down all the things you're grateful for. It can be anything from a hot cup of tea, to your family or friends, to something you're looking forward to. The very act of writing positive things has proven to be incredibly helpful with distracting the brain from negativity or worry, and can help uplift your day.

Crafting

Crafting is another great activity to do that really focuses your mind on what your hands are doing, allowing you to relax and be mindful.

Doodle

If you don't have many crafting materials to hand, just simply getting a pen, pencil or paint brush and doodling can be incredibly calming. Draw lines, swirls and patterns and let your mind drift off for a few moments.

Has anyone heard of Zentangle? If you enjoy doodling look this up, it is really therapeutic and certainly helps calm the mind in the form of learning something new. If I can do it anyone can!

DIY Face Masks

Make something and pamper yourself at the same time – there are so many recipes for DIY face masks that are fun to make, and also relaxing once you apply them.

Moving

Even if you've never done it before, **yoga** is brilliant for not only moving your body and taking care of your physical health but relaxing your mental health too.

Dancing is a great way of letting out energy from your body, and also your mind. And trust us, you don't have to be good at it! Just whack on your favourite song and take five minutes to dance around.

Walking is another great way of practicing mindfulness. If you can, try going for a walk where you don't check your phone and instead take in what's around you, count the birds, the colours of the leaves, you might notice things you hadn't before!

Stretching when you wake up not only feels great, but it can also help you to connect with your body and notice where you might be holding tension. Take a few moments to stretch each part of your body and notice how you feel.

Taking care of ourselves, means we are more able to take care of others.

We would like to end with this message for you.

A Thought for YOU

The longest and most important relationship you will ever have is the one that you have with yourself. It is the **ONLY** relationship that you have from the moment you are born to the moment you die. It is also the relationship that is most neglected. You are worth getting to know.

So, take some time TODAY.



Copes
Assists
Reassures
Enables
Responds
Supports

If you have any questions following this newsletter or would like to receive carers support, please contact **Chloe Hook** on 01305 215328 or **Jo Jury** on 07896419254