



THE CARERS NEWS

ADVANCE NOTICE

There will be no carers event in December. We hope you have a Happy New Year! Please use the contact details on the second page, if you find yourself in need of carers support over the New Year. We will be releasing a January Newsletter, so keep your eyes out for that. Please see the attached opening times of your surgery at the end of this newsletter. We hope you keep safe and well, and we will see you in the New Year Carers Event.

from the Carers Event Team

Keeping Warm this Winter



Cold winters are coming - December is expected to have highs of 10C in the day and lows of 0c a night. One of the most important things you can do for your health and wellbeing through winter is to keep warm. In this newsletter, we will be sharing 5 ways to keep warm this winter. The cold weather increases the risk of illness and death from coughs, lung and heart problems, falls, poor mental health and carbon monoxide poisoning from poorly maintained heating appliances.



Bridgit Care

Bridgit Care is an organisation that helps unpaid carers across the UK. They are supported by the government. There are more than 6.5 million carers in the UK. Many of them are unknown to organisations and professionals and do not receive support in their caring role or personal lives. Bridgit Care aims to change this.

Using content supplied by the NHS website, you can look up your own health conditions as well as those of the person you care for, including information about any medications and their side effects. There are even tools to check your heart age, blood pressure, and mood including access to a personal quit smoking plan.

Want more information? [Click here](#)

Do you support a friend, family member or neighbour?

Access
Online
Carers
Self-Help



Local Services
& Events

NHS Health
Advice

Financial
Support &
Discounts

November: Carers Rights Event

A summary of November's Carers Event

Thursday 29th November 2023
Highfield Hall

In November, We celebrated Carers Rights Day, a day dedicated to focusing on the rights of informal carers. Understanding your rights as carer makes you more confident in asking for what you need and challenge things when your rights are not being met, whether that be that in the workplace or education, in accessing health or social care, when interacting with other professionals or at home.

We were joined by carers hub LPA support to answer your questions around the law, specifically regarding Lasting Power of Attorney.

Our carers had a lot of interesting and important queries for the LPA support team.

Lunch of was kindly provided by The Big Feed, a The Active Wellbeing Society initiative.

Our Social Prescriber and a Care Coordinator were in attendance to answer any questions the carers had.

We hope you all have a great, safe New Years time and we look forward to welcoming you again in 2024.

Next Event:

29TH FEBRUARY:
GETTING OUTSIDE
HIGHFIELD HALL, 1PM

Carer Queries: *Answered*

Q: Can LPA support team come back?

A: Yes! We will happily invite the team back along. Keep reading the newsletters for updates on their return.

Q: Can we have more help accessing medical services?

A: This is something we will look into and get back to you at a future carers meeting.

HANDY CONTACT INFORMATION

Birmingham Carers Hub - 0333 006 9711 | <https://birminghamcarershub.org.uk/>

Emergency Support Birmingham - 0121 675 4806

Forward Carers - <https://forwardcarers.org.uk/>

Carers Trust Solihull - 0121 788 1143 | <https://solihullcarers.org/>

Freshwinds - Benefit & Debt Advice - office@freshwinds.org.uk

Social Prescribing - Contact your surgery for a referral to their Social Prescriber

Dementia Advisers - Contact your surgery for a referral to Dementia Advisers

Alzheimer's Society - 0333 150 3456 | <https://www.alzheimers.org.uk/>

Mencap - Learning Disability Support - 0808 808 1111 - <https://www.mencap.org.uk/>



Keeping Warm this Winter



1. Layer up!

Wearing multiple thin layers is a more effective way to keep warm than wearing one thick jumper. Utilise your summer clothes underneath your winter clothes to keep you warmer.



2. Get rid of draughts

Keeping draughts out is important to keep your home warm, and keep the cold winds off of you. Using a draught excluder on external doors will help to keep the cold out, as well as using weatherproofing tape on any old windows you may have.

DIY!

Stuff old tights or long socks with old socks, rags or anything fabric to create your own draught excluder!



3. Eat and drink well

It can sometimes be difficult to keep up the motivation to prepare meals. But it's good to try and keep to a routine where you can. Hot food and drinks can help you to keep warm, so try to have one hot meal a day and as many hot drinks as you can. Remember, it is better to eat something you fancy, than eat nothing.

tip:

Boil the kettle once and use a thermos to keep water hot - be careful not to burn yourself.



4. Keep moving

A little bit of activity now and then is a great way to help you keep warm, as well as help you maintain strength and mobility. So, if you are able to, try not to sit still for more than an hour at a time. There's no one-size-fits-all approach when it comes to keeping moving, so it's important you do something that feels right - and safe - for you.



5. Keep your heating on

Having a very low indoor temperature constantly can impact anybody's health. Try to have your thermostat set at a constant temperature that is comfortable for you, to take the chill out of the air. The government guidance is to keep the rooms you use to a minimum of 18°C. It may be beneficial for you to turn radiators off in any rooms that you don't frequently use. If you are struggling to pay your heating bills, contact your energy provider and citizens advice to see if there are any grants or benefits that you may be eligible for.

remember:

Make sure your carbon monoxide detector is in **good working order**, and that your boiler isn't overdue a service. If you smell gas, immediately extinguish any naked flames, open all doors and windows and **leave your house right away**.

Talk to citizens advice to see if there are any grants or benefits that may be available for you.

citizens
advice



Check with your surgery to see if you are eligible for the flu jab!