

Caring for our families, friends and carers through covid-19

We are aware that carers are currently dealing with more challenges than ever before and want to make sure that you know about the help, support and advice available to you.

Please see below;

NATIONAL SUPPORT & INFORMATION

DoH guidance for those who provide unpaid care to friends and family

<https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family>

Rethink Mental Illness

Rethink have set up an online hub to provide practical support and information that is useful for people living with, or supporting people with mental illness.

<https://www.rethink.org/advice-and-information/covid-19-support/>

Coronavirus **advice for carers** of those with a severe mental illness – some of your questions answered

<https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-advice-for-carers-of-those-with-severe-mental-illness/>

Carers UK

During covid-19, it's important to know what support is available to you as a carer and those you look after. Carers UK have provided some useful guidance.

<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Carers UK – help with planning for an emergency

<https://www.carersuk.org/help-and-advice/practical-support/planning-for-emergencies>

Carers UK – Care for a Cuppa – online chats

Weekly online chats via zoom, talk with other people who understand what you are going through. Find out more here

<https://www.carersuk.org/help-and-advice/get-support/online-meetups>

For further information or support, contact Di Hilson, Trustwide Carers Lead
Diane.Hilson@oxfordhealth.nhs.uk or on 07775816646

Alzheimer's Society UK

Living with dementia at any time brings challenges. Coronavirus is making daily life much harder. But you're not alone. If you need support and advice, we're here for you.

<https://www.alzheimers.org.uk/>

During the coronavirus pandemic we have advice and practical tips for people living with dementia and those supporting them – either in the same household or from a distance

<https://www.alzheimers.org.uk/coronavirus>

Dementia Connect Support Line: 0333 150 3456

Young Minds

Supporting your child through the coronavirus pandemic

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Young Minds Parents Helpline

Our Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.

Call for free on 0808 802 5544 from Mon-Fri, 9:30am - 4pm

National Autistic Society

You can find information about coronavirus on the website – and look out for more ideas and suggestions for supporting someone with autism around routine change, anxiety and sensory issues such as hand washing over the coming weeks.

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

You can also contact their Helpline for information and advice. Open Monday-Thursday 10am-4pm and Fridays 9am-3pm. Phone: 0808 800 4104

Side by Side, online community managed by MIND

Side by Side, safe online space to listen, share and be heard

Open to everyone, including carers.

<https://www.mind.org.uk/information-support/side-by-side-our-online-community/>

Samaritans

Freephone 116 123 – open 24/7

OXFORDSHIRE

Oxfordshire Rethink Mental Illness Carers Support Service for support and advice at this difficult time.

New and existing carers can telephone: 07918 133671

For further information or support, contact Di Hilson, Trustwide Carers Lead

Diane.Hilson@oxfordhealth.nhs.uk or on 07775816646

Carers Oxfordshire / Action for Carers Oxfordshire

Continue to provide support and advice to carers. They have introduced a new, free telephone service. The link below has the information on this.

<http://www.carersoxfordshire.org.uk/cms/content/action-carers-coronavirus>

Call: 01235 424715

Text: 07827 235443

Oxfordshire Young Carers Support Service

If you are a parent/family member and are concerned about the impact providing care is having on your child, please contact the Multi-Agency Safeguarding Hub (MASH) on 0345 050 7666. Further information about the team is available at

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service.page?id=H3lCXs8gKqM>

Online resources for children through OXME – are you worried about coronavirus

<https://oxme.info/cms/news/worried-about-coronavirus-youre-not-alone>

Be Free Young Carers

Supports the lives and wellbeing of young carers in Oxfordshire. They are currently offering telephone befriending, home based activities through social media and help in distributing food to those who cannot go out for health reasons.

<https://befreeyc.org.uk/>

Call: 01235 838554

Age UK Oxfordshire NEW telephone support service for older people and their carers

It aims to offer advice and assistance to older people and their carers during the course of the virus, providing a friendly weekly telephone call and an opportunity to troubleshoot any issues you may have.

Call :01865 411288

Oxfordshire Family Support Network

Supporting family carers who are supporting a family member with a learning disability.

<https://www.oxfsn.org.uk/coronavirus-information/>

They can be reached either by phone on 07891 734987 or 07821 987080, via email at info@oxfsn.org.uk

If someone you support gets admitted to hospital, you may find the covid-19 emergency hospital passport helpful along with tips.

<https://www.oxfsn.org.uk/coronavirus-information/#anchor-hospital-passport>

For further information or support, contact Di Hilson, Trustwide Carers Lead

Diane.Hilson@oxfordhealth.nhs.uk or on 07775816646

Oxfordshire Recovery College

Open to carers – courses are free – they just need to register

Autumn Term 2020 courses include; 5 ways to wellbeing, Adapting to the new normal and coping with stress and anxiety.

Descriptions of all courses and more information about the recovery college can be found on their website here: <https://oxfordshirerecoverycollege.org.uk/online-course-descriptions/>

Buckinghamshire

Bucks Family Information Service

Information, guidance and resources for families during the covid pandemic.

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>

Carers Bucks/Young Carers Bucks

Continue to provide information, advice and guidance services via the telephone. We will be continuing to take calls during our normal working hour;

Monday to Thursday 9am – 5pm, and Friday 9am – 4.30pm. Please do not hesitate to get in touch: 0300 777 2722

Find more information at;

<https://carersbucks.org/coronavirus-carers-bucks/>

Carers Bucks – help with planning for an emergency

<https://carersbucks.org/information-for-carers/adult-carers/guide-to-caring/what-to-do-in-an-emergency/>

Bucks Memory Support Service, Alzheimer’s Society

Supporting people with dementia, memory concerns and **carers** by telephone email and skype.

Please ring 01296 331749 and leave a message, your call will be returned as soon as possible or email the team bucks.memorysupport@nhs.net

Age UK (Bucks) – www.ageuk.org.uk/buckinghamshire

Offering help with practical support. Contact Age UK Bucks on 01296 431911 or email

age@ageukbucks.org.uk

Buckinghamshire Recovery College

Open to carers – courses are free – you just need to register. Find out more @

<https://www.oxfordhealth.nhs.uk/bucksrecoverycollege/>

Carer Support Wiltshire

We are still offering a telephone service (Monday to Thursday 0930 – 1630 and Friday 0930 – 1600).

Please call us on **0800 181 4118** or email us admin@carersupportwiltshire.co.uk if you need support or advice

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

For further information or support, contact Di Hilson, Trustwide Carers Lead

Diane.Hilson@oxfordhealth.nhs.uk or on 07775816646

Swindon Carers Centre

Supporting adult carers and young carers by phone.

<https://www.swindoncarers.org.uk/scc-service-update/>

call 01793 531133

BaNES Carers' Centre

Now offer a coronavirus hub, with lots of information for adult carers, young carers and their families.

<https://www.banescarerscentre.org.uk/help-for-carers/coronavirus-hub/>

If you are concerned or need support, they have covid-19 helpline: 0300 2470050

Talking Therapies

Are you looking after someone and experiencing anxiety, stress or low mood?

Talking Therapies may be able to help you through this difficult time.

Healthy Minds Bucks

<https://www.oxfordhealth.nhs.uk/healthyminds/>

call 01865 901600

TalkingSpace Plus in Oxfordshire

<https://www.oxfordhealth.nhs.uk/talkingspaceplus/>

Call 01865 901222

For further information or support, contact Di Hilson, Trustwide Carers Lead

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