

Carers' Voice

CARERS' SUPPORT (BEXLEY) - HERE TO SUPPORT CARERS.

Our offices may be closed but we are still here! You can call us on:

020 8302 8011 for Information and Support

020 8302 6579 for our Bexley Carers Breaks Service

020 8302 0198 for Our Greenwich Volcare service

We are working from home, but we can pick up messages left on our answering machine remotely. So please leave a message and someone will call you back as soon as possible.

Carers' Support (Bexley)'s Support Worker Service

We are happy to say our Support Worker Service is still open and we are working in a safe way, following government guidelines. Our Support Workers can provide flexible help to you in the form of getting shopping for you, light housework, laundry, ironing, company, companionship and ensuring your safety, as well as picking up prescriptions for you. Our Support Workers are not able to provide help with personal care, but apart from that, they can be flexible around your needs.

The charge for the service is £15.50 per hour. We are not here to make a profit, and any money we receive over and above our costs goes back into funding our charity during these difficult times.

If you feel you would like to find out more about the service, please contact Victoria Baker on 0208 302 6579 or email her at vicky@carerssupport.org

Bexley Breaks and Greenwich Volcare Service

We are pleased to say that our respite service for Greenwich and Bexley has reopened and our volunteers have resumed supporting their clients in this difficult time. Our volunteers are also able to help with collecting food shopping for you if you are currently finding this difficult. If you would like to take advantage of this service, please call Maria or Margaret on 0208 302 6579 or 0208 302 0198 or email info@carerssupport.org

Do you need someone to talk to?

If you are feeling particularly lonely or overwhelmed at the moment, why not talk to one of our lovely volunteers? We can arrange for you to have a regular phone call with the same person who can offer you informal support and friendship. Working with our existing volunteers, we are ready and able to help you if you need a listening ear. Just call the office on 0208 302 8011 and leave a message and someone will call you back to discuss this support further. We are also able to offer counselling by telephone if needed.

Help From Carers' Support (Bexley)

We are still able to offer advice and information, including full benefits advice, benefit checks, and information about services to help you and the person you care for. We can also help you with filling in a benefit claim form, although this will be over the phone at the moment. If you would prefer a face-to-face appointment to make a claim, we can take your details and let you know when we can start providing this again. Please call 0208 302 8011 or email info@carerssupport.org

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Here at **Carers' Support (Bexley)**, we are hoping to set up our Memory Support Group on "Zoom". If you have a tablet, computer or smart phone, please contact us on 020 8302 8011 and we will give you all the details.

BEXLEY'S CORONAVIRUS HELPLINE

020 3045 5398

Whether you need someone to get shopping or other essentials, or to give you information, guidance and advice, please call Bexley's Coronavirus Helpline on 020 3045 5398.

The helpline will be open from 8am to 6pm.

The Helpline will work closely with Bexley's voluntary sector and local volunteers to ensure you get the help you need.

GREENWICH'S COMMUNITY HUB HELPLINE

0800 470 4831 -

(available seven days a week, 8.30am to 6pm)

If you are self-isolating and do not have anyone who can help you, call the Community Hub Helpline, or, if you have access to a computer, you can request support by:

- emailing covid19support@royalgreenwich.gov.uk
- Find out more at www.royalgreenwich.gov.uk/coronavirus

Find us on Facebook - 'Carers' Support Bexley'


Find us on Twitter - '@CSBex'

AND you can find us online at: www.carerssupport.org



T: 0845 272 3584

E: mark.s@findonlegal.co.uk
www.findonlegal.co.uk

- We are specialists in Wills, Trusts and Lasting Powers of Attorney, and Court of Protection Applications.
- We can arrange to visit you in the comfort of your own home at a time to suit you.
- We offer free advice and information and all our work is strictly confidential.
- We offer a very competitive charity rate for any work undertaken via Carers' Support (Bexley).
- We are members of  The Society Of Will Writers & Estate Planning Practitioners

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What else is going on around the Borough?

The Alzheimer's Society's' Singing for the brain is on Zoom and they are holding weekly sessions. If anyone is interested in joining this group get in touch with Carers' Support (Bexley) on 0208 302 8011 and we can refer you to this group.

Christchurch Erith are planning to hold their Memory Support Groups online over Zoom. It is experimental at present, but they intend to run them every Thursday from 10:45am to 11:45am. Carol Ann Wells will be joining in at the first session and will be singing some familiar hymns and songs. Anyone who wishes to join just needs to email Jacki Clement on cceprojectworker@hotmail.com and Jacki will send an invitation link to Zoom. If you are new to Zoom, Jacki will send a set of instructions to you by email.

The **Jubilee Club** is a club for older people which involves music and singing. The Club has now gone online and broadcasts songs of the 50's/60's and 70's to listen to and join in. You need to go to the **Bexley Christian Life Centre** Facebook page:

www.facebook.com/bexleydj. Scroll down until you see the piano keyboard and then click on the video button below. At the moment, the Jubilee Club is broadcast online Every Thursday at 3pm for about 45/50 mins.

Bexley Mencap are doing lots of things on their Facebook page for people with Learning Disabilities and their Carers. Search for @bexleymencap on Facebook or in Messenger to find them easily.

Check out the **MIND in Bexley** website to see what support they can offer for anyone who is feeling stressed or anxious at the moment: mindinbexley.org.uk. National Mind have also put together some tips and advice on how to **keep yourself mentally and physically healthy** during this time: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>