



**Crossroads
Together...**

Carers News Herefordshire

April- July 2020

CarerLinks Herefordshire



**Your latest news and
information for and about
carers in Herefordshire**

**Carer
Links**



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affairs in order**

Commisioned by:



**Herefordshire
Council**

Welcome to your Herefordshire CarerLinks Newsletter!

We are delighted to tell you that we have a new CarerLinks Services Lead, Victoria Mellor, who will oversee the CarerLinks Service across five locations including Herefordshire.

Lauren Keen continues to manage the Herefordshire service on a daily basis, supported by Carer Advisors Michelle, Chrissy, Meloney and Leah.

Due to the current Covid-19 crisis, the carers groups are currently on hold, but we are doing everything we can to continue to support carers across Herefordshire—read more [here](#)

Please join our new CarerLinks Facebook Group [here](#)

● What is CarerLinks?

Crossroads Together offer a range of support services to carers including an information and advice service, called CarerLinks.

The CarerLinks team based in Hereford offer emotional and practical support to unpaid family carers across Herefordshire, helping them to protect their health and well-being and cope with their caring role.

“Thank you so much for all the information that you have sent me. It is going to take me some time to work through it all. There is a lot more guidance out there than I had realised.” - Carer

● How CarerLinks can help:

- By supporting carers to think about their own needs
- By listening and offering a range of services and support to help carers
- By working in partnership to link carers with other sources of help and support
- By signposting carers to support with benefit applications including: Attendance Allowance, Carers Allowance and Blue Badges.

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● Could you volunteer?

Volunteering offers vital help to charities, worthwhile causes and the community, but the benefits can be even greater for the volunteer.



What do we offer volunteers?

- A first-class induction, training and support
- A reference to future prospective employers
- An opportunity to make a real difference to the life of a carer
- A chance to meet some new people and make new friendships

Roles: Befriending, Office Administrator, Community Champion

What is Befriending? Befriending provides support for people who are experiencing loneliness or social isolation, which can affect all of us at any stage of life. Befriending offers a way to decrease loneliness and increase well-being.

If you would like to offer your support as a volunteer, please contact us on 0333 323 1990 or email volunteer@crossroadstogether.org.uk

● Grants available to support carers

As a Network Partner of Carers Trust we have access to grant funding 'Carers Funds'. The grant programme is open to carers aged 16 and over. Carers can apply for grants of up to £300 for items or activities that will benefit them in their caring role e.g:

- Breaks for carers, with or without the person they care for
- Items for the home and home repairs
- Courses and materials to develop carers skills or hobbies
- Short term or time limited replacement care

*Grants of up to £300 will be awarded to help people get what they need during the Covid-19 crisis such as a tablet or laptop to enable carers to keep in touch with loved ones. Applications are being assessed quickly ensuring help is given while lockdown is still in place.

In our first year the CarerLinks team have successfully sourced £2,900.96 for carers through this grant. To find out more call 01432 663057 or email herefordshire@crossroadstogether.org.uk

● Carer Advice in the Community

Over the last 12 months the CarerLinks team have established Carer Advice sessions in the following locations. We are currently working towards facilitating more in areas including Fownhope, Ross-on-Wye, Lea and Leominster. Bookings to be made via calling 01432 663057 or emailing herefordshire@crossroadstogether.org.uk



| Kington | Ross-on-Wye |
|---|---|
| 2nd Tuesday of each month 10.30am – 2.30pm Kington Medical Centre | 3rd Tuesday of each month 9.30am – 12.30pm Alton Street Surgery |
| Peterchurch | Hereford |
| 1st Tuesday of each month 11am – 2pm St Peter's Church | 3rd Monday of the month 9.30am – 2.30pm Aspire, Canal Road |
| Leominster | Bromyard |
| 16 April, 16 July & 15 October 10am – 12noon Norfolk House Health and Wellbeing Hub for Stonewater Residents only | 27 May, 26 August & 25 November 9.30am – 12noon Nunwell Surgery |
| Bridge Sollars | ● PLEASE NOTE |
| 1st Wednesday of the month 10.30am – 12noon Newbridge Community Hub, Bridge Sollars | Due to the current Covid-19 pandemic and the need to social distance, all face to face groups are on hold until further notice. Please call to enquire about groups on 01432 663057 |

Ledbury Carers Group

1st & 3rd Tuesday of each month, 2-4pm **(On hold)**

Leadon Bank, Orchard Lane,
Ledbury HR8 1BY

These meetings are for unpaid carers to give them a chance to socialise with others in a similar position and exchange information.

For further info please contact
Hazel on 01531 635622 or
allan.webster@gmail.com

Ross -on-Wye Carers Group

1st Wednesday morning of each month between 10:30am and 12:30pm **(On hold)**

Alton Street Surgery, Alton
Street, Ross-on-Wye
HR9 5AB

Are you an unpaid carer? We are a group of carers from south Herefordshire who meet for mutual support, friendship, information and fun. Come and join us for coffee! You will find a warm welcome.

● Rejuvenate! A Creative Carers Group

If caring responsibilities take your mind away from being as creative as you would like to be, then come to Rejuvenate!

This friendly, informal group offers monthly sessions, together with online activity, to support and encourage you, as a creative person as well as being a carer. We passionately believe it's an important part of who we are. Each month has different content and sometimes guest speakers. All abilities are welcome, materials supplied.

Rejuvenate! meet on the first Thursday of each month 10.30am – 12.30pm, mezzanine level, Courtyard Centre for Arts, Edgar St, Hereford HR4 9JR

Due to popular demand please book your place through Maggie via rejuvenate@creativecarergroup.co.uk



● Barbara's Story



After hearing about the CarerLinks presence at a local Talk Community Hub Barbara was brought along by a neighbour to meet a Carer Advisor to get some emergency support.

Barbara is in her late 70s and is caring for her husband of a similar age who has Dementia and poor mobility. While assisting her husband to walk both Barbara and her husband took a fall resulting in a fracture for Barbara.

Barbara is the sole carer for her husband and has been relying on the goodwill of neighbours since the fall. Barbara had reached crisis point and was unable to care for her Husband and emergency care was required.

A referral to Herefordshire Council's Advice and Referral Team for Emergency cover through the Home First Team was made to support Barbara's Husband during her recovery.

Barbara has since recovered from her injury and support from the Home First Team has been withdrawn enabling Barbara to resume her caring role.

WISH Herefordshire

WISH you could find an event or activity ... Now you can! Simply visit WISH, Herefordshire's free website for:

- Events, activities and groups
- Local Services
- Wellbeing information

www.wisherefordshire.org

Save the dates ...

8 – 14 June 2020

Carers Week 2020 is all about making carers visible.

We will be holding a number of events during Carers Week 2020 across Herefordshire to raise awareness of carers and accessible services for them in their communities.

● **Getting your affairs in order**

Thinking about the future is difficult at the best of times, but it's better to tackle these issues when you are well physically and emotionally, rather than when things aren't going too well or if you're already in crisis.

Free 30 minute consultation with Richard Green of Just Wills and Legal Services on Tuesday 12 May 2020, 1 – 4pm using Zoom or Facetime if you have either available to use.

Booking is mandatory, six spaces available to book, please call 01432 663057 to arrange.

● **Wills: Why you shouldn't die without one**

When you die without leaving a will, the law decides who gets what and how much. It doesn't matter what your relationship with those people was like when you were alive. By leaving a will that says clearly who should get your property and money when you die, you can prevent unnecessary distress at an already difficult time for your family and friends.

● **Lasting Power of Attorney**

There are two types of lasting power of attorney (LPA). LPA is a way of giving someone you trust the legal authority to make decisions on your behalf if you lack mental capacity at some time in the future or no longer wish to make decisions for yourself.

1) LPA for financial decisions

This can be used while someone still has mental capacity or you can state in your LPA application that you only want it to come into force if you lose capacity.

2) LPA for health and care decisions

This covers decisions about healthcare as well as personal welfare and can only be used if and when you lose mental capacity.



CarerLinks
Crossroads Together
Room 14, The Fred Bulmer Centre
Wall Street
Hereford
HR4 9HP

Carers Support Line: 01432 663057

General Enquiries: 0333 323 1990, Option 1, then Option 7

Email us: herefordshire@crossroadstogether.org.uk

**Would you like to receive our newsletter by email on a
regular basis?**

**If you would like to join our mailing list, please let us know by
calling or emailing us using the details above.**



Join our Herefordshire CarerLinks Facebook [here](#)



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