

Carers Support Service 01202 458204 | www.crispweb.org

Dear Carer

We are sending this additional newsletter to update you with our plans to support carers in the coming weeks due to the Coronavirus situation.

We also enclose some information from the Leonardo Trust you may find helpful.

We have had to postpone our planned social events, groups and drop-ins. These will resume as soon as it is safe to do so. We are planning to stay in touch with carers using social media, the Carers Centre phone line and e-mail. If you have access to the internet, keep an eye on www.CRISPweb.org as we will use it for updates. Eve, our events organiser, has plans for some computer based interactive events that you may enjoy and the Care Free Choir leader Chrissy is hoping to put together some online choir sessions.

As the situation evolves, it is important to know what support is available to you as a carer and those you look after. Our friends at Carers UK have put together some really useful information on Coronavirus that is really relevant for carers and the people they care for. You can find the information online here:

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

The GOV.UK website also has up to date information and advice

If you are worried that you or someone you look after may be at risk, NHS 111 can offer guidance, and have set up an online coronavirus helpline. You should call 111 if you have symptoms which become severe, and let them know you are a carer.

If you do plan to go out, it may be worth checking that places are open—for example, at the time of writing, supermarkets had adjusted their opening hours.

At this point in time we are still intending to send out Caring Matters when it arrives towards the end of April.

For those of you who are isolated and have few people to stay in touch with, please let us know if you would welcome a call from us and we will do our best.

We also have a closed Facebook group called CRISP—Carers Forum, which provides an open forum for you to keep in contact with other carers locally and keep in touch with the team online.

We wish you all the best in these uncertain times.