

Volunteer News

The newsletter for our volunteers who support unpaid family and friend carers



6 April 2020

Over the next few months whilst our normal work is affected by COVID 19 we will be sending you more regular Volunteer Newsletters. We would appreciate your contributions.

To contact us:

Call: 01992 58 69 69

Email: volunteer@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, Hertfordshire, SG14 1AX.

We are sending this Newsletter by email and post. Let us know which format you prefer.

Please can we remind you to send us any outstanding Volunteer Expenses Forms by 21 April 2020 for activity that took place before 31 March 2020. If we do not receive them by then they cannot be paid. We can accept forms and scanned receipts by email or post. Please continue to email or post in your volunteer hours too. Enclosed are the notes of the last Volunteer Network Meeting held on 3 February 2020.

Your Volunteer Team:

Alex Daar - Volunteer Manager and Mentoring Coordinator; Amanda Feron and Nicki Bird - Hub Volunteer Coordinators; Jules Josephs - Mentoring Coordinator; Julie Hayes - Volunteer Coordinator.

Making Carers Count



Welcome

Since our last newsletter in February, events have overtaken us. Carers in Hertfordshire are rising to the challenge and we committed to informing and supporting carers throughout this time.

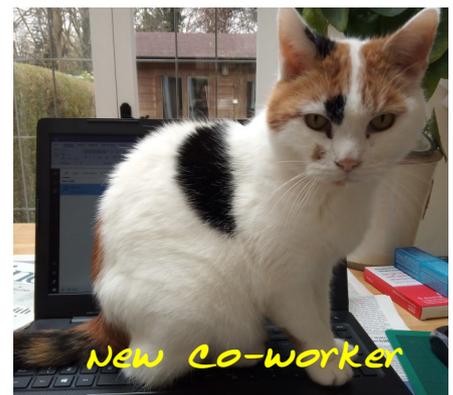
We know that caring can be very isolating and this situation around coronavirus could make this worse so we will be making more **Keep in Touch** calls to particularly vulnerable carers to check on their wellbeing. If you would like to volunteer to support carers by making a Keep in Touch call please contact us. Thank you to those who already have volunteered.

If you know anyone who would benefit from this support please get in touch with us by calling 01992 58 69 69 or email: contact@carersinherts.org.uk.

Our Volunteer Team is working hard, from home. All staff are involved in helping with Keep in Touch calls to carers. In addition Julie, Nicki and Amanda will be working as Call Handlers for Herts Help. Jules will continue the Mentoring service which will operate by telephone only. Alex is setting up the new Keep In Touch service involving volunteers and a pen pal scheme. You will be hearing from her very soon if you have signed up to help this scheme. We have 45 volunteers to date.

For the latest advice to carers, please see our website: <https://www.carersinherts.org.uk/taking-care-of-you/coronavirus-guidance>

If you have a photo you would like to share with all volunteers please get in touch in the meantime here is Amanda's new Co-worker. We hope this new more regular newsletter will be full of your contributions.



Keeping well Ideas

We have put together a list of 10 activities to do at home while social distancing or self-isolating.: <https://www.carersinherts.org.uk/taking-care-of-you/coronavirus-guidance>

Here are a few reliable online exercise classes from the list to get you started:

Joe Wicks has a 10 minute chair based exercise class:

<https://www.youtube.com/watch?reload=9&v=ybVMu31DLQU>

The British Heart Foundation: 10-minute Living Room Workout ;

<https://www.youtube.com/watch?v=O5YX5xg8Seq>

The NHS:

Flexibility Exercises Gentle exercises from the NHS, with text instructions and photos.

<https://www.nhs.uk/live-well/exercise/flexibility-exercises/>

Listen to a podcast, try BBC sounds:<https://www.bbc.co.uk/sounds>

Please send us your ideas too!

Life in Limbo

When the coronavirus first featured – albeit as a low priority story in the BBC news bulletins, I little thought it would worm its way into my own small world. Wuhan was a million miles away from the UK and the wild, late winter storms which ravaged our green and pleasant land.

But from the light hearted joking about the ‘worried well’ and the panic stockpiling of toilet paper (for goodness sake!) the coronavirus became – almost overnight – the number 1 news item and exclusive topic of conversation (held over the hedge, standing 2 metres apart) in households up and down Hertfordshire. If you’re not unduly worried about catching the coronavirus yourself, you’re worried about poor old Mrs X up the road, so plucky and proud, but can she really cope? And what about the nice, newly qualified nurse next door but one, braving the crowded commute to work . Then there’s young Z, just set up in business and now threatened with bankruptcy; how will he survive the material and mental strains?

You want to help but don’t want to interfere, you long to be useful but don’t know where to start; and you’re going stir crazy, cooped up inside whilst the sun beats down. I am hoping that writing letters to carers who Carers in Hertfordshire haven’t been able to reach by phone is going to keep me grounded. Marion L.

Community Spirit

Please send us or tell us about positive stories or little acts of kindness to brighten our day.

Nicki, our Hub Co-ordinator, has shared this beautiful drawing done by a neighbour’s daughter outside their house to put a smile on the face of everyone who walks past or looks out of their window to see.

