



County Carers Newsletter

Who are County Carers?

County Carers is an online support group for families in Lincolnshire who support someone with a learning disability or autism. We share relevant information and resources to give families the confidence to make decisions in their caring roles. We also connect carers online to share experiences, advice, and learning. You can find out more about County Carers at <https://every-one.org.uk/what-we-do/county-carers/>

Meet the steering group

County Carers is led by a Steering Group who bring a diverse range of caring and professional experience. Led by Vicky Thomson, the steering group meet regularly to share ideas and develop new ways of supporting carers online.

Want to know more or join our Steering Group? Email us at county.carers@every-one.org.uk to find out more.

COVID vaccines for carers

In Lincolnshire, unpaid adult carers are being vaccinated as part of the JCVI priority list group 6. This includes those who are “the main carer of an elderly or disabled person or child who is at increased risk of COVID-19 mortality and therefore clinically vulnerable.”

Having a COVID vaccine:

The COVID vaccine is given in your upper arm, in the same way as the flu jab. Most side effects of the COVID-19 vaccine are mild and should not last longer than a week, such as a sore arm and headache.

After having your vaccine, you *may be asked to wait 15 minutes before being able to leave.*

Types of vaccine:

There are three types of vaccines being administered in the UK. All are given in two doses, several weeks apart. **If you or the person you care for have any allergies or pre-existing medical conditions, you should consult your doctor before having a vaccine.**

More information can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

Facilitated by





Registering as a carer

Booking your vaccine

To be vaccinated as part of the JCVI Priority Group 6, you **must** be registered as a carer with your GP or with the Lincolnshire Carers Service (Lincolnshire County Council).

If you are registered as an unpaid carer, you will be contacted by your GP or local vaccination centre who will invite you to a vaccination appointment. You will then need to book online.

You can also book an appointment for yourself at one of the larger vaccination centers (in Boston or Lincoln) at www.nhs.uk/covid-vaccination

Some people have asked to have their vaccine at the same time as the person they care for. This is considered on a case-by-case basis by the GP or vaccination centre.



What is a carer?

Carers are individuals who look after someone (often a family member) who has an illness, frailty, disability or mental health illness. The role of a carer varies greatly but it can include personal care, day to day activities or emotional support. If you are a carer, it can be beneficial to register with your GP or local authority to access information, advice and support with your caring role.

Registering with your GP:

If your GP is aware of your caring role, they might also be able to offer flexible appointments, access to a Carers Lead to talk to or additional support in your caring role. As a registered carer, you are also entitled to a free annual flu jab.

Register with your GP by going on to their website or speaking to their Carers Lead by phone.

Registering with the Lincolnshire Carers Service:

Your local authority can offer practical support to help the person you care for, or you with your caring role. As a carer, you can also receive a Carers Assessment (of your needs), support with an Emergency Response plan and access to a whole range of information and resources on finances, wellbeing, respite/breaks and more.

Find out more at

<https://www.lincolnshire.gov.uk/support-carers/lincolnshire-carers-service>

The COVID-19 vaccine is FREE. You will not be asked to pay for it or give your bank details to book an appointment.



Improving the lives of families and carers

Thinking about your wellbeing:

When looking after someone else, we often forget to look after ourselves, but it is important to remember that our wellbeing is important too. It can help us to take time for ourselves to relax and recharge when we don't have time for a break. Part of managing our wellbeing is finding what works for us. To help you get started, here are 5 things you could do in 5 minutes or less to help improve your wellbeing:

1. Listen to your favourite song
2. Stop to take a break – *take a moment to enjoy a drink without any distractions*
3. Get closer to nature – *spent time in the garden or try virtual forest bathing - <https://www.forestryengland.uk/blog/forest-bathing>.*
4. Write down 3 things that you are grateful for or you're pleased with today
5. Try a relaxation video like guided mindfulness. (Headspace do great 1-minute meditations like this one - <https://www.youtube.com/watch?v=c1Ndym-lsQg>)

What helps you relax and recharge? Please share with us on social media.

Free Online Sessions

Carers FIRST are offering workshops and sessions to help carers connect online. They cover a range of topics including therapeutic art, crafters club, tackling loneliness and wellbeing. There are also 'coffee and chats' and catch ups. Find out more at <https://www.carersfirst.org.uk/lincolnshire/whats-on-in-lincolnshire>

Brought to you by



In collaboration with



Are you looking after someone?

Get the support you need with Lincolnshire County Council's **Digital Resource for Carers**.

Visit carersdigital.org and use our unique access code to create an account for **FREE**:

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For when the unexpected happens

'What if plans' are a useful tool for you and the person you care for. Having a plan for if you cannot be there can give you peace of mind and ensures the person you care for receives the care they need. Find out more at <https://www.carersuk.org/search/planning-for->



County Carers' Group



@County_Carers



Support for families and carers

Free PPE for Carers

To help reduce the spread of coronavirus, the government have made free personal protective equipment available for unpaid carers who do not live with the person they support. To access this, email Lincolnshire County Council at carersservice@lincolnshire.gov.uk

Fire Service Safe and Well Checks:

This is a free service for vulnerable members in the community, helping with things like fire risks and fall prevention. Find out more and request your safe and well check at:

<https://www.lincolnshire.gov.uk/home-fire-safety/request-safe-well-check>

Have your say

Lincolnshire County Council are inviting family carers of adults with a learning disability to share their thoughts about how to best support carers. This will help them develop the Carers Service and ensure it meets the needs of family carers in Lincolnshire.

Have your say: <https://snaps.lincolnshire.gov.uk/snapwebhost/s.asp?k=158385049518>
Survey closes on 23 April 2021.

Other organisations who offer Carer Support:

- Carers FIRST: <https://www.carersfirst.org.uk/lincolnshire>
- Connect2Support: <https://lincolnshire.connecttosupport.org/>
- Connect2Support (carers): <https://lincolnshire.connecttosupport.org/carers/>
- Family Service Directory: https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/results.page?services=4&loboolean=1&familychannel=2_1_1
- Lincolnshire Carers Service: <https://www.lincolnshire.gov.uk/support-carers>
- Lincolnshire Parent Carer Forum: www.lincspcf.org.uk
- Total Voice Lincolnshire: <http://www.totalvoicelincolnshire.org/>
- Wellbeing Lincs: <https://www.wellbeinglincs.org/>

Sign up to receive our regular newsletter where we share updates, helpful articles, and tools for caring, wellbeing and more. <https://forms.gle/BH5hoauDDbcKbMEJ8>