

# Carers Support Update and Activity sheet

Special

## Seasons Greetings

Hello and welcome to our seasonal update.

The year has seen challenges, yet again it's time to make the trip to the loft for the decorations, decide whether its tinsel or beads, what the colour scheme is for the tree and whether it's pud or trifle.

For many of us its going to be a very different Christmas time, others similar. However you celebrate this year, keep safe. Age UK Dacorum will be open during the Christmas week between 29<sup>th</sup> to 31<sup>st</sup> December, should you have any queries.



### Online Carers' Group

11<sup>th</sup> December 2020 at 2pm

24<sup>th</sup> December 2020 at 10.30am

All welcome, contact 01442 259049 for invite to the online meeting.

What is Christmas?

It is tenderness for the past,

Courage for the present,

Hope for the future.

- Agnes M. Pahr



With all best wishes for the festive season from Rachel and all at Age UK Dacorum

### Coronavirus



20 seconds



2 metres



wear a  
face covering

The Coronavirus is continuing to impact us all in some way, our sincere thoughts go to all those who have been affected and suffered loss this year.

Once again, we have had to 'lock-down' in hope of reducing the 'Reproduction' rate of this virus. For many we know November 2020 has been very difficult and for some, a degree of uncertainty regarding restrictions and exemptions, now into tier 2.

As we now head towards Christmas and the New Year, with the words of the Prime Minister "A jolly cautious time", families are able to socialise over the Christmas period, should they feel able and comfortable to do so. With the prospect of a vaccine coming in the New Year, some hope is on the horizon for those much affected by restrictions the Pandemic has placed upon them. Currently these vaccines have not been certified for use, therefore social distancing measures will be with us all for some time to come, along with the additional measure from resuming the tier system.

The Pandemic has highlighted the unconditional care given by so many unpaid carers, along with the impacts this care giving has on their own health and welfare. Our incredible family, friends and neighbours who have protected our most vulnerable during this time, and resulting in many sacrificing their own need for companionship and comfort is inspirational, and for the wider community, including support agencies a service beyond measure.

## Thank You

**NHS** If you have any concerns about a loved-one's health or medical conditions, please contact your GP surgery or any relevant professional agency. Many medical appointments are being conducted via telephone, initially. Remember to inform your GP Surgery if you are a Carer.



Unfortunately, we are still unable to re-start many of our clubs and groups, we are looking at ways to re-open in a Covid-secure way and in-line with Government guidelines. We are continuing to run online zoom sessions specifically for Carers and looking at rolling out other similar online offerings, which will be open for all.



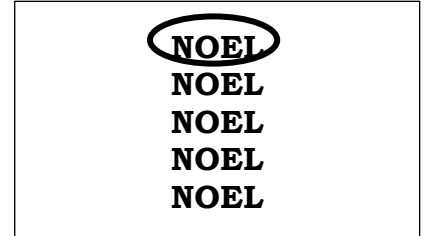




### Christmas Wordsearch

R	R	S	U	A	L	C	A	T	N	A	S	S
E	L	H	O	L	L	Y	Y	L	P	N	M	S
I	M	M	I	S	T	L	E	T	O	E	B	V
N	C	L	B	K	G	H	E	I	L	S	Y	S
D	P	R	E	S	E	N	T	S	D	F	S	L
E	T	G	D	S	C	A	N	D	L	E	P	E
E	T	U	L	I	R	J	M	B	F	Q	A	I
R	S	L	O	O	S	T	O	C	K	I	N	G
E	E	V	C	O	X	K	L	A	E	O	P	H
B	A	E	T	C	S	T	A	R	R	R	S	A
R	D	Q	T	Y	E	L	L	O	H	F	E	Y
A	A	S	T	I	N	S	E	L	W	B	V	K
N	A	T	I	V	I	T	Y	S	N	Z	L	S
C	H	R	I	S	T	M	A	S	T	R	E	E

### Dingbats



CHRISTMAS TREE	MISTLETOE	SANTACL AUS	TINSEL
CANDLE	PRESENTS	STOCKING	CAROLS
DECORATIONS	REINDEER	NATIVITY	ELVES
BELLS	HOLLY	STAR	SLEIGH



### Christmas Quiz

1. In December 2004 which celebrity won the first ever strictly come dancing?
2. In 1992 which US president made a cameo appearance in the film 'Home alone 2'?
3. In LM Alott's novel, which of the March sisters opens with the words "Christmas won't be Christmas without any presents"?
4. In which CS Lewis classic children's story is it always winter, but never Christmas?
5. In Christmas 1988 Cliff Richard had his 12<sup>th</sup> number one hit with mistletoe and what?
6. What is the best selling Christmas song of all time?
7. According to the song, what did 'my true love give to me' on the eighth day of Christmas?
8. The movie 'miracle on 34<sup>th</sup> Street' is based on which real-department store?



		4	3	7		8	6	
		7	8	9			5	4
1	2		5		4	9	3	
8	4	9	6	2	3		7	1
5				8		2	4	3
3	7		1		5	6	9	
2		6	4	3	8	7	1	
7		3	2					9
4		5	9			3	2	



9	5	4	3	7	1	8	6	2	
6	3	7	8	9	2	1	5	4	
1	2	8	5	6	4	9	3	7	
8	4	9	6	2	3	5	7	1	
5	6	1	7	8	8	9	2	4	3
3	7	2	1	4	5	6	9	8	
2	9	6	4	3	8	7	1	5	
7	1	1	3	2	5	6	4	8	9
4	5	8	1	6	5	7	2	3	9

### Answers

- Dingbats
- Always in a Manger
- First Noel
- O' Christmas Tree

R	S	U	A	L	C	A	T	N	A	S	S	
L	H	O	L	L	Y	Y	L	P	N	M	S	
M	M	I	S	T	L	E	T	O	E	B	V	
N	C	L	B	K	G	H	E	I	L	S	Y	S
D	P	R	E	S	E	N	T	S	D	F	S	L
E	T	G	D	S	C	A	N	D	L	E	P	E
E	T	U	L	I	R	J	M	B	F	Q	A	I
R	S	L	O	O	S	T	O	C	K	I	N	G
E	E	V	C	O	X	K	L	A	E	O	P	H
B	A	E	T	C	S	T	A	R	R	R	S	A
R	D	Q	T	Y	E	L	L	O	H	F	E	Y
A	A	S	T	I	N	S	E	L	W	B	V	K
N	A	T	I	V	I	T	Y	S	N	Z	L	S
C	H	R	I	S	T	M	A	S	T	R	E	E

- Natasha Kaplinsky & Brenden Cole
- Donald Trump
- Jo March
- The lion, the witch and the wardrobe
- Wine
- White Christmas by Bing Crosby
- Eight maids milking
- Macy's



## It's good to laugh

Laughter can be a great stress reliever. By laughing and finding humour in everyday events we can find life more enjoyable and a bit less stressful.

Medical experts agree that laughter enhances the immune system. Research has confirmed that laughter; enhances blood flow to the body's extremities; plays active part in the body's release of endorphins and other natural mood-elevating and pain-killing chemicals.

Some tips: - Inject to humour whenever appropriate; watch comedy shows or listen to comedy.



What do snowmen like to do on the weekend?  
*Chill!*

What do you get when you cross a pine cone with a polar bear?  
*A fur tree!*

Which famous play right was terrified of Christmas?  
*Noël Coward!*

What do you get if you eat Christmas decorations?  
*Tinsillitis!*

What often falls at the North Pole but never gets hurt?  
*Snow!*

Why are Christmas trees so bad at knitting?  
*They drop all their needles!*

Who hides at a bakery at Christmas?  
*A mince spy!*



Now more than ever, should anyone have no one.

At the close of what has been for many, a terrifying and isolating year, older people are looking ahead to a Christmas like no other in living memory.

Please don't let loneliness stop you from making contact. Should you or anyone you know be struggling with loneliness or isolation, contact us on 01442 259049

## Look after yourself this Winter

It's essential to look after your health when you are a carer, but frequently it's ignored, some tips.....

Keep healthy – eat healthy meals and get sufficient sleep, exercise – even a nice walk around the block, stay hydrated;

Take a break - don't feel guilty about spending time for yourself;

Bust the stress – reach out and talk about it;

Remain warm – shut doors to unused rooms, close curtains, wear warm clothes, hot drinks;

Stay safe – follow social distancing 2 metres, keep your distance from others indoors, wear masks where necessary, regular handwashing;



If you have coronavirus symptoms:  
a high temperature  
a new, continuous cough  
a loss of, or change to, your sense of smell or taste

Apply online to book a test via GOV.UK or call 119 if you have problems using the internet.

Call 111 if you become unwell with coronavirus symptoms or become poorly generally and require assistance out of hours. For emergencies call 999.



If you know of someone caring for a family member or friend, who would benefit from support, if they or the person they are caring for are over 50 years old, Age UK Dacorum can help, give us a call or encourage them to make contact.



Useful numbers:

Age UK Dacorum:.....01442 250049  
Citizens Advice Bureau: .....01442 617304  
Community Action Dacorum: .....01442 253935  
Dacorum Borough Council: .....01442 228000  
Dens (*foodbank*): .....01442 262274  
Herts Help: .....0300 456 2370  
Herts Mediation Service: .....01442 268044  
Herts Mind Network: .....0203 727 3600  
The Silver Line.....0800 470 8090