

Hello from Age UK Herefordshire & Worcestershire! As this week is carers week we wanted to bring you some information that you might find useful especially during the Covid-19 outbreak. If you need any information, advice or support please don't hesitate to contact us or visit our website.

T: 01905 740950 **E:** informationadvice@ageukhw.org.uk **W:** www.ageukhw.org.uk

Age UK Herefordshire & Worcestershire Information & Advice service:

Our I&A service provides Free, confidential and impartial information & advice service for older people, their families and carers. We can support you with things like:

- **Social care** - Provide information on finding a care home or help at home for someone you care for.
- **Free benefits checks** and help with applying for benefits and pensions.
- **Support with form filling** - We can help you fill out forms, including applications for most available benefits.
- **Signposting** - If we don't offer a service you need, we can point you in the right direction!

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As we know on Monday 23rd March the UK went into lockdown to try and prevent the spread of Coronavirus (COVID-19), due to government advice and guidance this meant sadly we have had to suspend some of our current services for the present.

This doesn't mean we have stopped supporting people, it means we have altered the way we are supporting people through the coronavirus outbreak. Supporting older people, their families and carers is very important to us, we have been keeping in touch with clients and their carers through regular phone calls.

We know the last couple of months have been challenging for everyone in many ways. **Our trustees and leadership team are working on a recovery plan to help us get back to a form of normal as soon as we can.** Please visit our [website](#) for more information.

You can find out more information and advice about from the government [here](#).



Age UK National have also provided lots of information and support you can access [here](#).

Keeping active all year round is really important to keep your body and mind healthy. As we



aren't able to get out and about quite as much as we would like [Active H&W](#) have put some demonstration videos together to show us some easy ways we can **stay active from home**. You can do these exercises inside or if the weather is nice why not get outside in the garden! You can view the exercises [here](#).



Here are some **other ways** you can keep active at home:

- Gardening or mowing the lawn
- Walking up and down the stairs
- Dancing in your kitchen!
- Have a walk round the garden





Worcestershire Association of Carers is a charity that supports unpaid carers throughout Worcestershire. They provide an independent source of information, advice and support. They provide representation for carers at a local and national level and support carers to be heard in decisions that affect them.

They can provide things like a welcome pack, newsletters and factsheets which tells you more about the services that Worcestershire Association of Carers can provide.

They also organise a variety of regular events to support carers throughout the county, during the Coronavirus outbreak they have been holding regular online coffee breaks. These are designed for carers to meet other carers and staff at Worcestershire Association of Carers.



You can view information and support on their website [here](#).

Age UK H&W's Dementia Wellbeing Service, ran throughout Worcestershire, brings together a number of services and activities which offer support, information and guidance. We offer specialist support for families and people with Young Onset Dementia and help and advice from experienced Dementia Wellbeing Officers.

You can find out more about the service [here](#).



AGE OF CREATIVITY

The [Age of Creativity](#) is a network of more than 1,000 professionals who all believe that creativity and culture supports older people to experience better health, wellbeing and quality of life.

Age of Creativity usually hold an annual festival which would involve lots of different events and activities, many elements of the festival are being postponed but there are still lots of free creative events you can access online. Including virtual tours the world's best museums, podcasts, virtual dance classes and virtual choirs.

There are also activities for people in a care home setting and for people with dementia. You can view information [here](#).



The power of music to unlock memories and kickstart the grey matter is an increasingly key feature of dementia care.

[Alzheimer's Society](#) run singing for the brain sessions where people come together to sing a variety of songs they know and love, in a welcoming and fun environment. Due to the coronavirus outbreak they have have moved online instead.

They are running virtual Singing for the Brain service - either over the internet using Zoom or over the phone (Ring and Sing). You can find out more about singing for the brain [here](#).



Age UK H&W Training Solutions

Our training solutions team provides practical skills training tailored to suit your individual needs. We specialise in training such as dementia care and manual handling, and also offer mandatory and recommended health and social care courses.

Things have of course been different in the last couple of months, due to not being able to deliver our courses in face to face sessions we have adapted some of our courses to be able to be delivered online via a zoom link. All courses can be booked with the discount code "**I love Age UK**" for £10 per delegate. Find out more about the virtual courses we are currently offering [here](#).



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