



Keeping going with Islington Carers Hub

Recent changes in the social distancing guidelines have given people who are shielding the opportunity to get out and about whilst following strict social distancing. but it still seems a long time until its expected that “shielding” will be completely (1st August).

Those people who are able to get out and about will welcome the glimmers of the re-opening of not just services and shops, but also cinemas and galleries. Cinemas are hoping to open from 4th July and art galleries are following on 8th July.

In the meantime, we would like to provide some useful activities and resources to help you and your cared for, whilst continuing to stay at home.

Useful activities for those you're caring for:

House of Memories

Produced by the National Museums Liverpool, this easy to use app allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

<https://houseofmemories.co.uk/things-to-do/my-house-of-memories-app>

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Timetable template for planning activities

In lockdown, it's easy for one day to start merging into another, and every day seeming very much like the last. Something as simple as a timetable can help you and your cared for to plan some activities which you can enjoy together.

www.mencap.org.uk/sites/default/files/2020-04/Mencap_weekly%20timetable.pdf

Activities for people living with Parkinsons

For those of you who are caring for someone with Parkinsons, please see these helpful pages from Parkinsons UK. This includes some specifically tailored online exercises: <https://bit.ly/2C0KLn0>

How Islington Carers Hub can help

We would like to reassure you that Islington Carers Hub is here to support you. Our priority is your wellbeing and supporting you in your caring role.

This can include help with things like:

- **Taking time** - to understand your current situation, how you're feeling and what you're having to cope with right now.
- **Help to access food parcels & emergency grants**
- **Help with benefits** – we can signpost / refer you to the partner organisations that can best help you and provide general help in making an application.
- **Help to find training** – this could be related to caring or your career.
- **Emotional support** – we can develop a plan with you to help you to become happier and be more resilient.
- **Carers assessment** – this assesses your needs as carer, what you want to achieve in your daily life, and whether you qualify for help from the council.
- **Emergency Carers Card** – in the event of an accident or emergency, this lets other people know about your caring responsibilities.

Next steps

- Employment and financial matters can be complex and once we've got an understanding of your specific circumstances, we can refer you to one of our specialist partners to help.

Get in touch

- Call our Helpline on: 020 7281 6018
- Email us on: info@islingtoncarershub.org
- Monday to Friday, 9 – 5pm