

Carers newsletter edition no.4

Advice for carers in light of COVID-19

At this time it is more important than ever that carers feel that they have support and access to information. This leaflet contains some basic advice on questions raised and guidance on staying well.

One to one support/individual advice

We now have a dedicated carers email address to which you can email any questions, queries or concerns during this challenging time. You can also contact us if you would like a one-to-one call, even if it's just for a chat! You can make contact on lpft.carers@nhs.net

Mental health helpline

There is a 24-hour emotional and mental health helpline available for support for anyone who thinks they may need someone to talk to about how they are feeling. Please remember 'it's okay to not be okay' and talk to someone if you feel you need help. Call 0800 001 4331 to speak to someone anytime.

Are you
feeling low,
anxious or
stressed?

Don't bottle up
your feelings



Current Government Guidance - issued 23 June 2020

On 23 June 2020 the Government issued advice about the next stage of “unlocking the lockdown”.

This stated that:

- From 4 July pubs, restaurants, hotels, hairdressers and barbers in England can reopen.
- Social distancing will be reduced to one metre plus but where possible, people should still maintain a two metre distance.
- People should wear a face mask on public transport and continue to practice good hand washing.
- From 4 July people from two different households can meet indoors, provided social distancing is maintained.

In all instances, a risk assessment will have to be carried out by the business prior to opening and social distancing measures must still be adhered to.

Carers assessments

If you are aged 18+ and support a relative or friend with tasks such as washing and dressing, paying bills, transport, emotional support, health appointments, medication and domestic tasks, you can get help with your caring responsibilities. This can be accessed by arranging a carers assessment.

If you have not had a carers assessment and would like one, you can ask the carers leads on the wards within the Trust. If who you care for is an inpatient and you would like to complete the referral yourself, contact 01522 782224.



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Calling all LPFT carers... Carers cuppa and chat teleconferences

Join us every Monday,
Wednesday and Friday
11am - 12noon

Email lpft.carers@nhs.net for more details



Age Care Advice

Age Care Advice have a community Care Hub where people can go to for guidance relating to health and social care services. Help to navigate the different pathways, with information and tips being shared along the way by those who have lived experience.

To compliment this community voice, there will be a wealth of professional workers, across a range of third sector and charity organisations that can give some advice on next steps and legal systems.

[Join the community on Facebook here.](#)

LCC General support for carers

Lincolnshire County Council has a general advice page for carers which has information on a range of topics, including benefits and entitlements, emergency care planning and carers assessments.

More information can be found online at: www.lincolnshire.gov.uk/support-carers

North East Lincolnshire

There is a SPA now in North East Lincolnshire which includes Young Minds Matters:

Mental health support

You can call NAViGO on 01472 256256, option 3 for 24/7 mental health support in North East Lincolnshire. For young people's mental health support call Young Minds Matter 01472 626100 (for out of hours support you can also call 01472 256256 option 3)



Further support

Support, advice and ideas for physical and mental wellbeing can be found on the NHS One You website: www.nhs.uk/oneyou

North East Lincolnshire - Carers Assessment

The link below gives outline information for young carers and adult carers in the northeast Lincolnshire area. It also contains a telephone number which to enable people to contact the Carers Team and request an assessment.

For young carers there is also a link to a PDF at the bottom of the page which takes you to a leaflet on the Young Carers Project. This gives a brief outline and contact details.

<https://www.nelincs.gov.uk/safeguarding-and-social-care/carers-strategy/>

Young Carer and Young Adult Carers

If you are a Young Carer or a Young Adult Carer you may be feeling particularly isolated during the current COVID-19 pandemic with schools, colleges and universities being closed. Carers Trust has information on support which you may find helpful [which can be found via the link here.](#)



Postcard for patients

As patient visiting remains temporarily suspended across LPFT wards, a postcard scheme for carers, family and friends has been launched. This service will help patients to stay in touch with their carers throughout this difficult time and bring them comfort during their treatment. Anyone who would like to send a postcard to a patient can email the dedicated carers email address at lpft.carers@nhs.net, with a message and full name and date of birth of the patient, as well as the ward where they are staying. Messages can also be transcribed over the phone by calling 07966 834977, Monday-Friday 8:30am-4:30pm.



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Postcards for patients

We know that this is a difficult time for everyone, including our patients. It is especially important to keep in touch with family and friends. That's why we have launched our **new postcard service** for patients across LPFT wards.

Send a loved one a message using the details below and our ward staff will personally deliver it on your behalf...

Send your messages to...
Email: lpft.carers@nhs.net
or call: 07966 834977 (8.30am – 4.30pm)

Please include the full name and date of birth of the patient, along with the ward name.