

Hello everyone

Just a quick note to say 'Hello' and hope you are all well. The Charity's staff team are all working from home during the current situation and want you to know that we are here at the end of the phone if you need anything, or just want a chat.

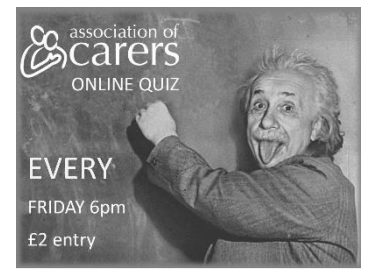
The charity continues to be busy with its Talk and Support service for those carers who feel they would benefit from a friendly weekly call from one of our volunteers. It's a nice way to stay connected to the outside world and have a chat with someone outside of the home. So please let us know if you would like to hear more about it. We also have our Computer Help at Home volunteers on hand to provide you with any IT help you might need. It has become rather apparent that technology is very useful at the moment so we can support you as much as we can on the phone to talk you through things and get you connected. It might be a one off session to get you linked up via skype or zoom, or a supermarket shop, or you might need a longer course – let us know and we'll see what we can do to help.

We can now also offer a brand new telephone counselling service for anyone who might benefit from a more structured conversation. The counsellors are volunteers, mostly in training, or qualified, who are DBS checked, insured and receive regular clinical supervision. These counsellors are able to help with a number of issues including bereavement, depression and anxiety. In these challenging times it's important to reach out and not bottle up your anxieties and feelings of isolation – talking to a professional can provide you with understanding and coping strategies. Please get in touch if you think this would be of help and we can set you up with a 6 week (free) course.

Some visitors to Sue's garden having fun in the sun.



As some of you already know we are running a weekly online quiz. It has a £2 entry fee but you can win actual cash prizes (and it also raises funds for the AOC which is a huge bonus!). It's rapid fire, multiple choice and a good way to give your brain a workout playing in real time against others. There is one happening every Friday at 6pm. You can register your details here: <https://www.virtualquizevents.com/.../association-of-carers>



We can help with registration if you need us to! And please spread the word to family and friends as this is an open invitation and the more the merrier!

NEW IN!!! We have started a 'just for fun' quiz via Zoom, an easily downloadable app for your PC, laptop, smartphone or tablet. (The PC and laptop do need to have a camera and internal microphone to use it.) And most importantly we have some of our volunteers who can help you set it up via a call if you are need some help. This is a photo of our pilot group after the closely fought first quiz!



FLASH ALERT!

We are planning the next Zoom Quiz for Tuesday 2nd June at 3pm so please follow the link in the email or email us on admin@associationofcarers.org.uk if you'd like to take part and we can send you an invite. It's very easy going and such a boost to see some faces, even if just over a screen. Don't worry about the questions, it's the taking part...and there are no prizes anyway ha! If you would like help setting up zoom please give us a ring on 01424 722309.

What have you been doing?

How have you been keeping busy during the lockdown? We have heard of people who have been going through old photos, doing some family history, gardening, crafting and more! We would love to hear what you have been doing & if you have a picture to share in this newsletter. Or interesting recipes, stories, memories..... We'd like to feel like we are a community and we're all in touch so your input would be very much appreciated. So put pen to paper, or email us a photo.

Here is our lovely Jane from the office who takes part in 'Frock up Fridays'.



One of Kathy's favourite lock down pastimes is going on Safari in South Africa – all thanks to YouTube! Sit back and enjoy a "Sofa Safari" and you can almost believe you are in the Kruger National Park, having a private tour. https://www.youtube.com/watch?v=9fP4v_Ei5uY

Please remember we have a Facebook page! If you're registered on Facebook you can search for Association of Carers and like our page – then you will be kept up to date on any number of things. If you're not registered then get yourself signed up! If you need help with this just give us a call. And we do also keep our website up to date so that's also worth keeping an eye on too:

<https://associationofcarers.org.uk/news-2>

Some photos of our pets, having a nap!



Our friend's at Arts on Prescription (www.artsonprescription.org) are running online art courses for all levels during "lockdown"...again using Zoom. Please check out their page for their activities. They also have a number of Art Packs available for free to Hastings residents who have challenges accessing art materials and would benefit from participating in art for well-being activities – so let us know if you would like to be considered for one of these.



*With Best Wishes to you all -
From all of us at the Association of Carers*

Useful information: For those needing extra help during these challenging times.

Local Community Hub

There are five hubs – one in each part of the county. They are usually open during working hours, 9am to 5pm, although this may vary.

The hubs will listen to people's needs and put them in touch with the group or person best placed to help locally. That might include: food/medicines delivery, food banks, financial/benefits advisers etc.

Eastbourne

Website: [Lewes and Eastbourne Councils](#)

Phone: 01323 679722

Hastings

Website: [Hastings Borough Council](#)

Phone: 01424 451019

Lewes

Website: [Lewes and Eastbourne Councils](#)

Phone: 01273 099956

Rother

Website: [Rother District Council](#)

Phone: 01424 787000 (option 4)

Wealden

Website: [Wealden District Council](#)

Phone: 01323 443322

AgeUK East Sussex



In response to the current crisis Age UK East Sussex have launched :

Community Emergency Response Team (CERT) [01273 476 704](tel:01273476704)

Offering support with shopping/pharmacy prescription deliveries and a telephone befriending service to help support older more vulnerable people in East Sussex during this crisis.

Health and Social Care Connect (Adult Social Care)

0345 608 0191 (8am to 8pm, seven days a week including bank holidays)

Email: [Health and Social Care Connect](#)