



NEW!

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August Newsletter

AUGUST, 2024 | 14TH EDITION

Hello! We have some interesting features and events in our newsletter this month just for you!

This month:

We hosted a Volunteer 'Bring a Friend' event in Lewes on 15th July. It was great to see so many of our volunteers attending and bringing some of their friends along to talk about volunteering, alongside coffee and cake.

We were lucky enough to secure some new volunteers too! If you would like us to host an event near you or you know of anyone that would be interested in volunteering for us, please let us know! And to our current volunteers- can you afford any extra time out of your week to help get our desperate waiting list down? This could be another weekly or even fortnightly sit. If you would like to have a chat about this, please call the office on 01424722309.

We had a lovely hot day at the Bexhill Carnival on 27th July, where the charity ran a information stall and tombola. It was very busy and we raised £183.80. Thank you to the 3 volunteers who came to help us run the stall!



New Study Reveals Critical Importance of Taking Breaks for Carers

In conjunction with Good Care Month, we posted a blog post discussing statistics about Carers in the UK and the importance of taking a break. For example, Research by the University of Sheffield supports this, showing that carers who take regular breaks experience lower levels of depression and anxiety, leading to improved health for both themselves and the people they support. Read this blog post in full at <https://associationofcarers.org.uk/new-study-reveals-critical-importance-of-taking-breaks-for-carers/>

Please note, our next newsletter will come out in October, and then from then on be sent bimonthly. Our following newsletters may look slightly different as we change to a new system, but would still like your feedback...



We would love your feedback to improve our monthly newsletter. Do you have any thoughts or suggestions?

- What do you like or enjoy seeing in our newsletter?
- What would you like to see more of?
- What would you like to see less of?
- Do you enjoy seeing lots of photos of what we are doing?
- How frequently would you like to see a new newsletter?

Feel free to email Lucy on lucy@associationofcarers.org.uk with ideas- any feedback is gratefully received!

ASSOCIATION OF carers
- SUPPORTING UNPAID CARERS -

QUIZ NIGHT

Tease your brain & support a local charity.

Monday 12th August 7pm start

at The Aqua Bar,
Sea Road,
Pevensey Bay, BN24 6EH

£5 ENTRY PER PERSON
CASH PRIZE for the winners, and raffle on the night!

For more information, please contact AoC on 01424 722309 or the Aqua Bar on 01323 769225

Keeping Cool in the Hot Weather

We all know the UK weather is unpredictable, but when the sun does come out, the temperatures can get very high! Here are some of our top tips to keep you and your loved ones cool:



Keep yourself and the home environment cool

Have colder showers or baths to lower your body temperature. Keep your home cool by closing the windows when the outside temperatures are higher than indoors. You can also keep indoors cool by closing the blinds and curtains of sun-facing windows. If you have indoor fans, make sure they are not directed at anyone as this can speed up dehydration.



Avoid going outside for prolonged periods of time

Keep out of the heat during the hottest times of the day. If you do go out, wear a hat, keep in the shade as much as possible and don't forget your sun cream!



Drink and Eat Often

Drink lots of fluids even if you're not thirsty- water is best. Limit drinks with caffeine and avoid alcohol as it can increase dehydration. Eat regular meals but try to have more cold foods such as salads and fruit as they contain a lot of water.



Take the opportunity to sit down!

While we know keeping an active and healthy lifestyle is important, try to avoid strenuous activity when it's warm. Also, limit activities like housework and gardening to the early morning or late afternoon when it is cooler.



Tech Tools for unpaid Carers:

Apps and Devices for Home-Based Support

Being an unpaid Carer is a demanding but rewarding role. Technology can offer a helping hand! The below apps and devices are invaluable in assisting you in your caring role:

Apps

- **Ringo**- This app allows users to pay for parking in car parks. You can quickly pay for parking from your phone, eliminating the need to search for meters, feed coins, or risk parking tickets. You can extend your parking session remotely if needed, which is helpful when appointments run over.



- **NHS App**- This app allows users to manage appointments, read doctors notes, and request prescriptions. You can also check symptoms with the online 111 feature. The app also provides access to a variety of NHS resources, e.g. information on health conditions and healthy living advice.



Devices

- **Lifeline**- Lifeline devices typically feature a wearable button that, when pressed, connects the user to a 24/7 monitoring centre staffed by trained professionals who can dispatch emergency services if needed. Knowing your loved one has access to immediate help in case of an emergency can significantly reduce stress and anxiety.



- **Amazon Alexa**- This is a virtual assistant controlled by voice commands on a series of amazon devices. Alexa can be used to control smart home devices like lights, thermostats, and blinds, allowing those requiring care to maintain independence by controlling their environment with simple voice commands. Alexa can be used to set reminders for medication and appointments. Video calls can be made through Alexa devices with screens, like the Echo Show, which can help you stay connected with those you care for remotely.



- **Ring Devices**- This company make camera doorbells and indoor security devices. Carers can see who is at the door from their smartphone or tablet using the Ring doorbell's live video feed. This also allows them to check on the person being cared-for remotely if there are cameras in the house. You can also have a two-way conversation through some camera devices. Some Ring doorbell models offer motion-activated recording, which can be helpful for keeping track of the person being cared-for's activities and ensuring their safety.



- **GPS Trackers**: For individuals prone to wandering, a GPS tracker worn discreetly can provide real-time location information, offering reassurance and helping locate them if lost.



At Association of Carers, we offer FREE technology support, and can assist you with any of the apps or devices mentioned. We have experience in setting these apps and devices up for Carers in their home and can refer you to organisations that have more information on technological assistance. To find out more, contact us on 01424722309, info@associationofcarers.org.uk or associationofcarers.org.uk

Dates for your diary!

Carers Lunch Clubs

St Leonards On Sea- Thursday 1st August at 12:30pm

Bull Inn, 530 Bexhill Rd, St Leonards-on-Sea, TN38 8AY

Rye- Thursday 15th August at 12:30pm

The Robin Hood Inn, Main Road, Icklesham, Winchelsea, TN36 4BD

Pre-booking is essential. Please call 01424 722309 to let us know you are coming!



Carers Café

Newhaven- Tuesday 6th August at 11am-1pm

Denton Island Community Centre, Denton Island, Newhaven, BN9 9BN

Bexhill- Monday 12th August at 1pm-3pm

The Pelham, Hollier's Hill, Bexhill-on-Sea, TN40 2DD

Need help with your phone, tablet or laptop? Bring them along to these sessions for free technology support!



Zoom

Online Carers Support Group- Thursday 8th & 22nd August at 1:30pm

Online activity- please email info@associationofcarers.org.uk for the online link to join.

(Don't know how to use zoom? This can be covered in our FREE Computer Help At Home sessions!)



Events

Sycamore Grove Summer Fete- Friday 9th August, 12pm-4pm, Sycamore Grove Barchester, Lilac Lane, Pevensey BN24 5NU. Come along to see our information stall and tombola at this Summer Fete.

Aqua Bar Charity Quiz Night- Monday 12th August, 7pm start, Aqua Bar, Sea Road, Pevensey Bay, BN24 6EH. Join us for a charity quiz at this beach venue, £5 per person and cash prize for the winners!

Bexhill 100 Show Information Stand- Monday 26th August, 10am-4pm, The Polegrove, Brockley Rd, Bexhill-on-Sea, TN39 3DP. Pop along to see our information stall and tombola during the show.

British Queen Pub Fundraising Morning- Thursday 12th September, 10am-11:30am, The British Queen Pub, Eastbourne, BN20 9PG. Pop in for coffee, cake, books & a raffle to raise money for our charity!



Our Team

Louise Vladi
Charity
Manager

Kathy Burton
Deputy Charity
Manager

Sue Bance
Charity
Administrator

Maggie Hawke
Service
Coordinator

Juliet Privett
Service
Coordinator

Kiki Prince
Volunteer
Coordinator

Lucy Barker
Fundraising & Events
Coordinator

Jessica Robinson
Fundraising &
Communications Coordinator

Jan Fuller
Carers Cafe
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Marie-Pierre Bijlani
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Worker

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Useful Links



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