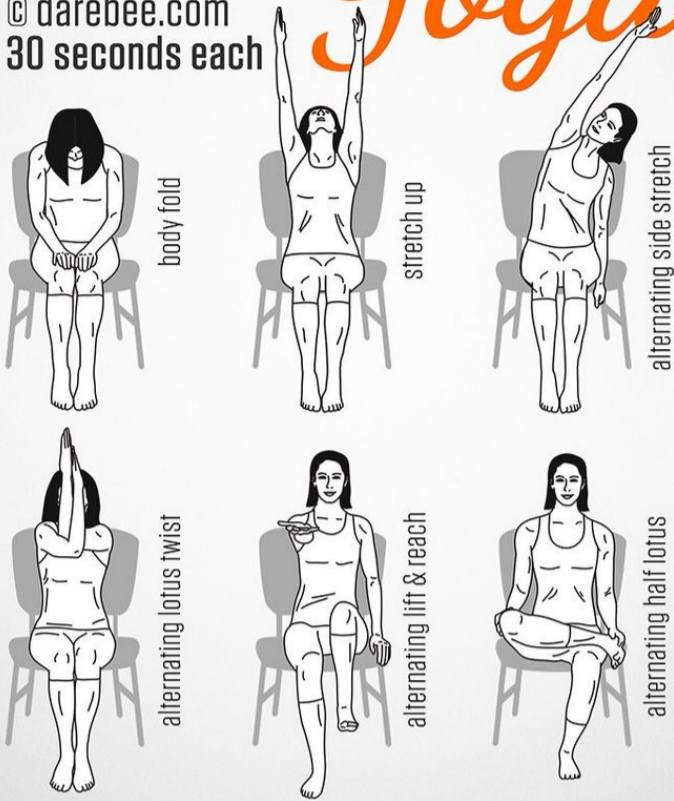


# 3-minute seated Yoga

www.nhs.uk  
NHS choices

OFFICE-FRIENDLY WORKOUT  
© darebee.com  
30 seconds each



## Taking Care of yourself

It is so important to look after your own mental and physical wellbeing during these difficult times.

**Stay connected** with friends and family. Arrange regular phone/video calls, even if just for a few minutes each day.

Carers First has also set up virtual coffee catch ups, for more information on how to join get in touch.

**Share your worries.** If you don't have anyone to talk to, you can always call the Carers First Hub for support. You can also use our online carers forum and chat with other carers. The Forum is available 24/7 [www.carersfirst.org.uk/forum](http://www.carersfirst.org.uk/forum).

**Staying active** is great for your mind as well as your body. Try to incorporate some physical activity into your daily routine. If you are not shielding a person identified as particularly vulnerable, you can go outside, alone or with members of your household, this could be a walk, run or bike ride. Just ensure you keep 2 meters away from others. We have included some seated Yoga you can try.

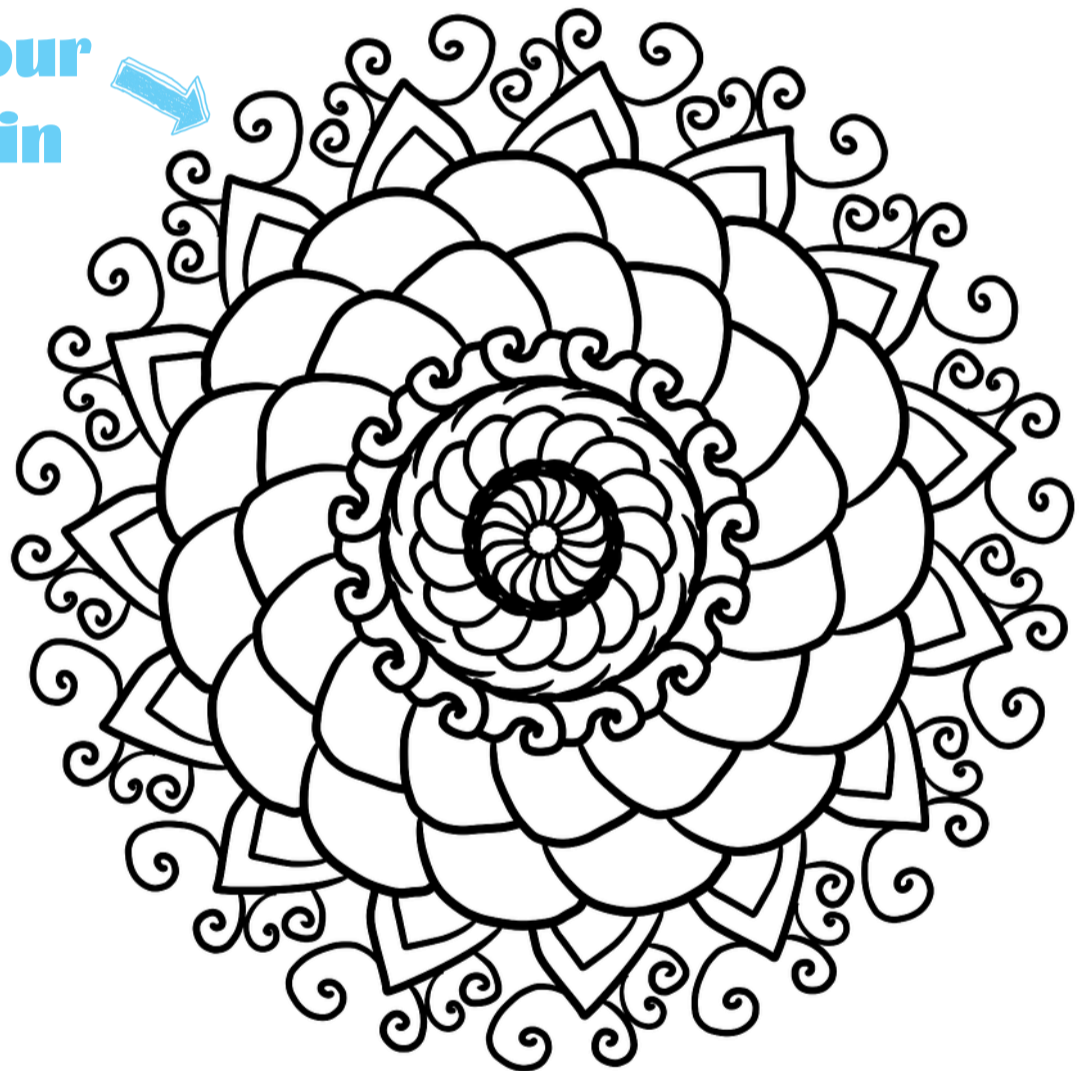
**Find ways to relax.** Try and think of ways to adapt the things you enjoy, or try something new. Discover your creative side by drawing, colouring, writing or perhaps dive into that book you always wanted to read.

**Stay healthy.** Don't put off seeing the GP about something you are worried about. Many doctors are providing virtual health checks to keep patients safe at this time.

More seated exercises available at:

[www.nhs.uk/live-well/exercise/sitting-exercises/](http://www.nhs.uk/live-well/exercise/sitting-exercises/)

## Colour me in



### Easy to make biscuits

Ingredients:

4oz butter

2oz caster sugar

4oz plain flour

Add anything extra you would like!  
(chocolate chips etc)

- Preheat your oven to 180 degrees
- Cream the butter and sugar together
- Add flour and any extras then mix together
- Cut /shape them into equal biscuits (around the size of a 50p)
- Place onto to greaseproof baking tray (allowing room for them to spread) and pop into the oven for around 20 minutes
- Leave to cool and enjoy!

U	O	G	D	E	E	R	I	A	R	N	U	C	T
D	U	O	R	P	C	I	P	K	E	M	T	O	T
P	Y	T	T	R	O	R	O	T	R	W	E	M	N
N	H	K	P	P	E	E	Y	R	D	N	I	M	K
O	T	E	W	O	N	D	E	R	F	U	L	I	P
I	A	E	T	R	O	P	P	U	S	U	M	T	N
T	P	V	R	R	I	C	I	A	K	D	R	M	I
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C	E	L	R	E	W	A	R	D	I	N	G	N	T
I	C	S	M	I	N	T	O	I	R	S	R	T	D
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Word Search:

SUPPORT LOVE  
CARERSWEEK INSPIRING  
EMPATHY COMMITMENT  
REWARDING DEDICATION  
PROUD WONDERFUL



5	3			7			
6			1	9	5		
	9	8					6
8				6			3
4			8	3			1
7				2			6
	6					2	8
			4	1	9		5
				8			7
							9

For many carers a major concern, and source of worry, is what might happen if they themselves suddenly became ill? Who would take care of the person that relies on them in an emergency?

Creating an emergency plan or reviewing an existing one can ease anxiety and give a sense of control.



**Things to include in your plan:**

- Details, including name and address of the person you look after
- The name(s) of those to contact in case of an emergency- this might include friends, family or professionals.
- Details of any medication and/or treatment the person you look after requires.
- Any other notes you think are relevant.

Make sure this information is kept safely to-hand. Talk about and share the plan with the person you care for and those named as emergency contacts.

Carers in Newham can also sign up for the Carers Emergency Card Scheme. This is FREE and available to all unpaid carers. It is run by the Newham Network and will give you peace of mind that if anything happens to you, the person you care for will be contacted to check that their support needs are being met

To find out more, or for help with your plan, call us or visit [www.carersfirst.org.uk/emergency-planning](http://www.carersfirst.org.uk/emergency-planning)

**If your caring role has ceased, or you wish to be removed from our mailing list, please contact our Carers Hub on 0300 303 1555 (option 2), or email [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk). Thank you.**

Central Office: Michael Gill Building, Tolgate Lane, Strood, Kent ME2 4TG  
Registered Charity No. 1085430; Company No. 04144820

# Newham Carers Week Wellbeing Guide



We understand what a difficult and worrying time this is, for everyone. The situation is perhaps especially hard for carers. The lockdown has cut people off from their normal support systems, and taken away opportunities for respite, hobbies and social interactions with loved ones.

This wellbeing guide contains some useful information about the ways Carers First can help you during this time as well as a few fun activities, we hope you can find time to enjoy.

Carers First has adapted how we work during the coronavirus outbreak to ensure we are able to continue providing support.

We have increased our online services, so if you have access to a smartphone, tablet or computer you can:

- Join our regular virtual coffee catch-ups
- Speak with us via our web chat and forum
- Receive regular email updates
- Get information from our website

Our telephone Carers Hub remains available  
Mon-Thur 9am-5pm and Fri 9am-4:30pm.

**If you would like to access any of our digital support or have an email address and would like to receive our regular email updates please get in contact via the number above or email:**

0300 303 1555 [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

[www.carersfirst.org.uk](http://www.carersfirst.org.uk)



We are running a number of virtual activities during **carers week** giving carers the opportunity to chat to other, share experiences or try new things, including: **Tuesday:** Fun and energising dance session. **Wednesday:** virtual pamper session (female only) - make a natural homemade face-mask and then apply, share natural skin care recipes; virtual Yoga. **Thursday:** Virtual Cuppa—carers chit chat session—a chance for carers to come together and talk about things they enjoy and share tips. You don't have to speak at any of the groups, just listen to what others have to say.

**To find out more call us, visit our website or join our mailing list to get regular email updates.**

**Images across London. Competition!** Show off your creativity! Four carers are in with the chance of win a £15 pounds amazon voucher. Take a photo or draw/paint a picture in one of these categories: favourite space (eg a room, your garden, a park); favourite food; favourite possession and tell us why this is special to you. **Email your image to: [voice@carersfirst.org.uk](mailto:voice@carersfirst.org.uk).**

Please give permission to share your image and include your full name and postcode which we will not publish. Images will be showcased during carers week. Winners will be informed by the 15 June 2020.

**Carers First is your central point of contact if you need support and we will help you get the support you need.**

**There are also other support services available. Key information below:**

The Council has launched **#HelpNewham** – to co-ordinate support to residents who are most in need. They can support vulnerable residents with the following:

- Home delivery of food and essential items
- Home delivery of prescription medication
- Someone to talk to via our befriending telephone chat service

For more information telephone 0208 430 2000, email [help@newham.gov.uk](mailto:help@newham.gov.uk) or visit <https://www.newham.gov.uk/helpnewham>

**To find out more about support call our Carers Hub team, take a look at our website: [www.carersfirst.org.uk/Newham](http://www.carersfirst.org.uk/Newham)**

**DO WE HAVE YOUR EMAIL ADDRESS?** During the lockdown we have been sending more frequent bulletins filled with useful information on support and activities to keep you busy. If you do use email and would like to be added to our mailing list please get in contact!

**Lean On Me Magazine**

During Carers Week we want to showcase a digital magazine filled with carers creations as a way of "Making Caring Visible"

**Carers Week Big Sing-A-Long**

Did you know that singing is proven to increase endorphins, improve mood, lower stress AND boost the immune system? It is even a surprisingly good form of physical exercise.

So this Carers Week we want our carers around the country to get together for a big sing-a-long.

**For more information visit: [www.carersfirst.org.uk/carersweek2020](http://www.carersfirst.org.uk/carersweek2020)**

**From all of us at Carers First we would like to wish you a happy Carers Week.**

This years Carers Week is about **Making Caring Visible**

Please visit [www.carersweek.org](http://www.carersweek.org) for more information

What we will be doing:

Carers Week is an annual campaign which aims to raise awareness of caring, highlight the challenges unpaid carers face and recognise the enormous contribution they make, not only to those they look after, but to society.

