

January 2021

Virtual Emotional Health & Wellbeing Awareness Session

**Thursday 28th January, 09:30 - 11:15
on Zoom**

Change 4Life is a national public health programme, which aims to support individuals to make healthier choices and improve their health and wellbeing by promoting a positive health message to the public to encourage health behaviour change.

This session will increase people's awareness and enable them to plan for their own emotional health and wellbeing. It also aims to give attendees an understanding of how they can support others who are struggling with their emotional health and wellbeing.

Objectives

- *Provide an overview of what is meant by "emotional health and wellbeing"
- *Plan for your own emotional health and wellbeing
- *Understand how to identify poor emotional health and wellbeing
- *The main challengers; stress, anxiety and depression
- *Recognise unhealthy coping strategies
- *Introduce healthy coping strategies (Five Ways to Wellbeing)
- *Help others to help themselves (conversation techniques)



Join STACS staff and carers on this interactive session in support of our emotional health and wellbeing.

To book a place, please contact Monica, 07714737249
email Monica.Scott@cgl.org.uk



FIRST CONTACT CLINICAL
ENABLING HEALTHY BEHAVIOUR CHANGE

Useful Contacts

South Tyneside Covid-19 Support Hub

Tel 0191 4247575

Adult Social Care Lets Talk Team, Tel 0191 424 6000

South Tyneside Lifecycle Mental Health Service

Tel 0191 2832937

South Tyneside Adult Recovery Service

Tel 0191 9171160

Mental Health Concern Carers Support Service

Tel 0191 217 2934

South Tyneside Young Carers Service

Tel 0191 4661389

Age Concern South Tyneside

Tel 0191 456 6903

Alzheimer's Society South Tyneside Tel 0191 4275443

Bliss=Ability

Tel 0191 4271666

Community Laundry Service

(for elderly and disabled)

Tel 0191 4891701

www.kooth.com

Free safe and anonymous online emotional and mental health support and counselling for children and young people ages between 11 - 24 years



Contact us

Salvation Army Building, Wawn Street, South Shields. NE33 4EB

T : 0191 4061531 E: STACS@cgl.org.uk Facebook: South Tyneside Adult Carer Service



COVID UPDATE

Following the campaign from Carers UK it has been agreed that unpaid Carers will now be placed in Category 6 of the Priority Groups to receive the COVID vaccine.

The pandemic has placed extreme stress on carers, with research finding 81% of unpaid carers taking on even more care and many unable to take a break. Every day carers have faced the fear of passing on the virus to their loved one whom they care for, or being unable to care and worry about there not being sufficient support for the person they care for. Having kept their loved one safe for so long, many are reaching breaking point. "The vaccine will provide a lifeline for unpaid carers, reducing worry and fear as well as opening up the possibility of some carers accessing help for the first time in nearly a year."

<https://www.carersuk.org/>

South Tyneside are working really hard in the rollout of the vaccine with all three Primary Care Centres now inviting patients to have their vaccination, Flagg Court, The Glenn and Cleadon Park as well as South Tyneside hospital and The Centre for Life in Newcastle. In the coming weeks we will hear of more sites operating to distribute the vaccine.

Priority Risk group

| | |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Residents in a care home for older adults and staff working in care homes for older adults |
| 2 | All those 80 years of age and over and frontline health and social care workers |
| 3 | All those 75 years of age and over |
| 4 | All those 70 years of age and over and clinically extremely vulnerable individuals (not including pregnant women and those under 16 years of age) |
| 5 | All those 65 years of age and over |
| 6 | Adults aged 16 to 65 years in an at-risk group and Unpaid Carers |
| 7 | All those 60 years of age and over |
| 8 | All those 55 years of age and over |
| 9 | All those 50 years of age and over |
| 10 | Rest of the population (to be determined) |

Are you clinically extremely vulnerable and have received a letter from the Government?

Register with the National Shielding Support System (NSSS) to get the support you may need: www.gov.uk/coronavirus-shielding-support

Friends and family can do this for you OR call us on 0191 424 7575.



www.southtyneside.gov.uk/coronavirus

By registering with the National Shielding Support Service you can access priority supermarket slots and the Community Support Hub will be able to identify who most needs their help. You will find all the latest COVID information on South Tyneside Council website <https://www.southtyneside.gov.uk/article/69129/>

Please continue to telephone us for support, advice, information or just a general catch up

Service Manager,
Dan: 07435993257

Befriending, Maria: 07435803741

General Support,
Monica: 07714737249 OR
Linda: 07435993255

Advocacy, Elaine: 07435800547

We look forward to the time when we can bring everybody together again for our social groups, in the meantime, why not join our weekly Zoom session, Thursdays, 10:30am, contact Monica for the link



Doorstep Deliveries

We want to play our part in helping our local community so we have set up a Doorstep Delivery service for people who are elderly or unable to get to the shops, vulnerable, isolating or shielding.

Simply write your shopping list of your favourite groceries, including any of our fresh food from Market Street and call us to place your order.

If you place your order by 5pm on Monday to Saturday we will get your delivery to you the next day.

To place your order call our friendly customer service team on:

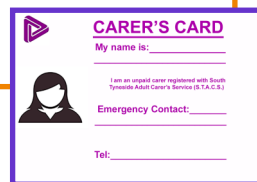
0345 611 611 (Option 5)

Help us help others by passing this message on



Feeding the Nation
#ItsMoreThanOurJob

Carers Card We are now able to offer a Carers Identity Card to our members to help alleviate any issues you may face. The card will include your photograph which will be uploaded digitally, and you can show this to prove you are a Carer. Currently, this may be useful if you have formed a support bubble and need to identify yourself as a person who is providing support to someone residing in another household, or if you are shopping with or on behalf of the person you care for and evidence of being their Carer is asked of you. In the future, we hope to link with local businesses and request they offer a discount to Carers upon acknowledgement of the Carers Card. We would request a voluntary contribution of £1 for the administration costs. To obtain a card, please telephone the office, 0191 4061531 or email STACS@cgl.org.uk



Foodbank Help

A HUGE thank you to everybody who responded to our appeal just before Christmas to donate food to our local foodbanks, It was greatly appreciated. There are still many families who are struggling and facing financial hardship and we would like to appeal again on behalf of our foodbanks. If you would like to make a donation, or require support from the foodbank, here are their contact details:

Hebburn Helps
South Tyneside Childrens Centre, Campbell Park Road, Hebburn
Tel 0191 4899707

Hospitality & Hope
Hampden Street, South Shields
Tel 0191 420 3336

Key 2 Life
Boldon Lane Library South Shields
Tel 07833613393

STACS can make a request for foodbank support if required



Free Smoke Alarms

We have been asked to share a message from Tyne and Wear Fire and Rescue Service. They are seeing a sharp increase in domestic fire injuries and would like to remind the public that under current restrictions the fire service can still fit free smoke alarms.

Firefighters have attended several domestic fires recently where there has been no smoke detection. This is a big concern as people are spending more time in their homes at the moment which increases the potential risk for fire. There is an online form which can be filled in on the TWFRS website <https://www.twfire.gov.uk/safety-advice/home/prevent/> under SAFETY ADVICE.

Alternatively you can call 0191 4441500. This is the main telephone line for Service Headquarters. They will pass on the details to the correct person. Someone will call back and make arrangements for the visit.

We are also reminded not to tackle a fire ourselves. Get Out - Stay Out - Dial 999





We are aware of so many scams currently; TV licence, DVLA, competition winners, even charging for the COVID vaccination.
Please be on your guard!

The coronavirus crisis has left all of us more vulnerable to scams than ever before, so please remain vigilant. If someone has been targeted by a scam it can be reported to Action Fraud online at www.actionfraud.police.uk or by calling 0300 123 2040.

Find out more about staying safe from scams on the following link: <https://bit.ly/3ijFbgW>



34 - 36 New Green Street, South Shields,
Tel 0191 4271666
email enquiries@blissability.co.uk

Advocacy, IT, Self-Care, Step-Up

Bliss=Ability are currently offering virtual sessions and telephone support while unable to meet face to face.

Advocacy Care Act Advocate Lisa Walker is available to support people to understand their rights in order to be fully involved in local authority assessments, care reviews, care and support planning or safeguarding processes. Advocacy supports a person to ensure their views and wishes are heard and decisions are made based on those views and wishes.

IT Virtual and telephone sessions on Tuesdays 10:00-11:30am and Thursdays 1:00-2:30pm to gain confidence in using computers and other digital devices, learn how to use the internet safely and broaden opportunity's to use various 'apps' for employment/ social/ practical use

Self-Care Nine hours over 3 or 6 weeks, Self-Care sessions are being delivered virtually or by telephone. The sessions support people to make small changes to improve their health and wellbeing, manage stress and anxiety, increase confidence and self esteem as well as look at nutrition and physical activity.

Step-Up Social Prescribing Project Link workers are available to talk to and will help you find activities that are of interest to you to increase confidence and self esteem, and improve health and wellbeing.

All About Me!
Taster Session
Monday 8th February
11am - 1pm
via Zoom

Understand and explore your own sense of self

Learn about who you are and the practical tools that you can use to help yourself evolve

Develop your self-awareness and understand the things that make up YOU

An introduction to the 10 week workshop all about YOU.

Email: kindmindcommunity@mentalhealthconcern.org

Phone: 0191 2172935

Kind Mind Community are pleased to deliver a Taster session for a new course 'All About Me'

All About Me! Is a set of 10 Workshops designed to help individuals to become more self aware, to understand who you are. It is aimed at people who have already attended other courses who already have a level of self-awareness, or who are open to becoming self aware, and for people who are ready for self development.

It pulls elements of self discovery and skills such as recognising boundaries, building confidence & resilience, being self compassionate, assertive and reflective.

This Taster session starts on the 8th Feb via Zoom from 11-1pm if you feel this is something you would like to explore please sign up by emailing us at kindmindcommunity@mentalhealthconcern.org or call on 0191 217 2935

Contact us

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