

December 2020



CCR & CRS Newsletter

Crossroads Care Rotherham and the Carers Resilience Service support and service update

Dementia at Christmas

Supporting a loved one affected by Dementia and memory loss over the Christmas period can bring extra challenges. The Carers Resilience Service has some great information and resources that can help give you practical advice and guidance, around caring over Christmas and supporting someone at any stage of Dementia; making the most of togetherness and quality time. Please call us on 01709 464574.

Contact Us

CCR: 01709 360272

CRS: 01709 464574

Lottery Projects: 01709 389516

www.crossroadsrotherham.co.uk

So far during the COVID-19 pandemic...



7591

wellbeing calls taken place with carers and clients



164

carers supported so far through the grant schemes (various funders: RMBC, Feoffee's and Carers Trust)



The Corner Coffee & Charity Shop



Reopening: 2nd December!



CQC rating

Outstanding ☆



CCR Update:



Christmas Raffle

As we are unable to hold a Christmas Fair this year we would like to do something a little different. We will be allocating all our clients a raffle number, this will be issued with your Christmas card. This is free of charge and you will be entered into a prize draw. There will be three prizes to win. Good Luck!

Christmas Hours

If there are any changes to your care over the Christmas period we would be grateful if you could let us know with at least 48 hours' notice so that we can make amendments, without this notice you may incur a charge.

PPE

We all appreciate that this year has been a little out of the ordinary, we wanted to take the opportunity to thank you for being so understanding with the level of PPE that our care support workers have been wearing during their visits to you. We want to keep everyone safe and healthy whilst continuing to provide a quality service.

The Corner

Due to government guidelines we have been forced to close the Corner however from the 2nd December 2020 we will be opening our doors again. Feel free to pop in for a takeout coffee/tea and to peruse in our charity shop. Equally if you have any donations we can also accept these.

Sponsored beard trim!

Joe Rodgers (PNC Link Worker) has kindly raised funds for CCR by shaving off his extremely long beard. A whopping...

£250.24

has been raised!

Thank you so much to Joe for raising funds for Crossroads which will be used to support unpaid carers in Rotherham.

Any further donations can be made via the link below:

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?pagelid=1206373#>



...Before

...After!



Carers Wellbeing Packs

We are still providing wellbeing packs to carers. Please contact Crossroads for enquiries.



Telephone Therapies & Telephone Carers Group

If you could benefit from a telephone therapy, or would like to join a regular telephone carers group, please get in touch.

We have more telephone therapies available to offer due to lots of interest from carers, including:

Stress & anxiety therapies

Covid-19 Meditation

And we are working on providing additional therapies, so watch this space!

Charity of the Year Award



Crossroads Care Rotherham have been chosen by Sky (Sheffield) as their chosen **charity of the year!**

Are you supporting someone with memory loss who is at risk of going missing?

Herbert Protocol & This Is Me Workshops (Virtual & Face to Face sessions)

Workshops are to support carers and families of those with dementia to complete these forms. Accessible for anyone with a Rotherham GP.

For dates and to book onto one of these workshops, please contact Crossroads Care Rotherham on 01709 464574.

Booking is essential

The Herbert Protocol is here to help.



Carers Resilience Service Update

The Carers Resilience Service (CRS) is a free and impartial support service for those who are looking after someone affected by memory issues and Dementia. Throughout the pandemic, the team have continued to support carers in a flexible way, ensuring everyone gets the support they need, in the safest way we can.

We offer; -

- ◆ One-to-one telephone support with a dedicated Dementia Advisor
- ◆ Information, guidance and support around caring for someone with Dementia
- ◆ Resources and strategies for living with memory loss and keeping safe
- ◆ Signposting and referral with consent, to other sources of help and support
- ◆ Access to benefits checks, assistive technology and carer's wellbeing activities
- ◆ Someone outside to family to talk to about any concerns or worries you have
- ◆ Support around planning for the future



Call 01709 464574 to learn how to access this service



Lottery Projects: Additional funding awarded!

The Lottery Project services are further funded into 2021! We can continue our services supporting carers, such as complementary therapies and befriending services.



**NATIONAL
LOTTERY FUNDED**

Carers Funds grants (Rotherham & Doncaster)



CCR as your nearest Network Partner of Carers Trust can apply on behalf of carers (aged 16+) for grants of up to £300 for items or activities that will benefit them in their caring role and/or will alleviate the additional strain carers may be experiencing as a direct result of their caring role.

Examples of eligible items and activities include:

- Purchase of household items
- Essential home repairs
- Costs associated with accessing courses and related materials
- Purchase of IT and mobile phone equipment, software and data allowances

For enquiries, please contact CCR on 01709 360272.

Join Rotherham Carers Forum 'Zoom Rotherham Carers and Co Choir'!



Rotherham Carers Forum

Each Wednesday between 7pm to 8pm during term time starting 4th November 2020 safely in your home.

Free to join fun and friendly via Zoom.

Sessions lead by Phoebe Taylor-Thorpe
Please join us via Facebook group; Rotherham Carers and Co Choir or Email Jayne on ricalajay@gmail.com quoting 'choir' for Zoom link.

Welcome to the

ROTHERHAM CARERS AND CO CHOIR

Virtual choir sessions until we're able to sing together face to face

Free singing activity to have fun and meet other carers and friends – please join us

Carer's Hypnotherapy Feedback - CCR have supported carers to access hypnotherapy sessions to help them cope with such difficult times. Here is some of the feedback we have received:

"I'm having long-lasting wonderful results from your brilliant techniques of calming and relaxing my really high stress and anxiety levels"

"Beverley listens to 'your story' of how and what has caused this disruption in your life and is both sympathetic and helpful in resolving returning to your equilibrium"

"I feel like a huge weight has now been lifted from me and I am feeling more positive about the future. I cannot recommend you highly enough"

To enquire about accessing hypnotherapy sessions, please contact 01709 360272.

Loneliness Support this Christmas

This Christmas is expected to be difficult this year, particularly for those experiencing loneliness. See below for support to reduce loneliness:

1. Join in online events over the Christmas period:

- [Christmas Day Chat Tickets, Fri, Dec 25, 2020 at 10:30 AM | Eventbrite](#)
- [Holiday heARTs - arts based peer group over the holiday period - 25 DEC Tickets, Fri 25/12/2020 at 7:00 pm | Eventbrite](#)
- [Tackling Loneliness Digitally with British Red Cross Community Education Tickets, Fri 11 Dec 2020 at 10:00 | Eventbrite](#)
- [Holiday Blues – When Everyone is Celebrating Except Me \(Webinar\) Tickets, Tue, Dec 1, 2020 at 1:00 PM | Eventbrite](#)

2. British Red Cross - Feeling lonely? Get support:

- Sign up for the winter wellbeing calendar
- Listen to The Kind Place Podcast
- See the Wellbeing Resource Pack
- Tackling Loneliness Workshop
- **Coronavirus Support Line: 0808 196 3651**

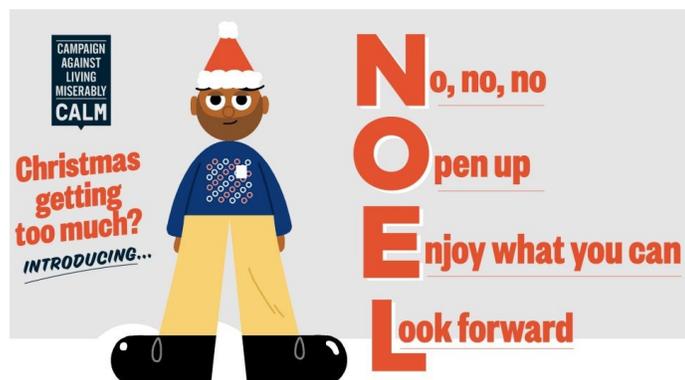


British
RedCross

Link: [Building digital communities to support people feeling lonely | British Red Cross](#)

3. Diversify's Phone a Friend Scheme:

- Volunteers will work with you to match you with another caller from your local community, also providing advice, guidance and signposting. This service will be operating over the Christmas period, including Christmas Day. Contact **0800 4647055** to access.



[Christmas getting too much? Introducing NOEL - Campaign Against Living Miserably \(thecalmzone.net\)](#)

4. Helplines:

- CALM (0800 585858)
- Cruse Bereavement Care (0808 808 1977)
- National Domestic Abuse Helpline (0808 2000247)
- Samaritans (116 123)
- The Silver Line (0800 4708090)
- Carers UK (0808 808 7777)
- SHOUT (text 85258)



Loneliness/COVID-19 Support

- **Rotherham Food Bank**

- [07936935319/01709 515680](tel:07936935319)
- [Rotherham Foodbank | Helping Local People in Crisis](#)



- **NHS Volunteer Responders Help**

- Collecting shopping, medicines and other important items
- Regular friendly phone calls
- Helping to medical appointments by giving lifts and stewarding patients
- Signposting support – directing patients in hospitals through a specific route, ensuring social distancing and safe COVID-19 practices are adhered to.

To arrange support for yourself or someone you know call [0808 196 3646](tel:08081963646) (8am to 8pm, 7 days a week).

- **Rotherham United Community Sports Trust - Tackling Loneliness Together**

- The project will focus on people who fit into one or more of the following:
 - * Aged 70 and above (this is slightly flexible)
 - * Widowed or living alone
 - * Living with a disability
 - * Living with one or more limiting long term health conditions
 - * Living in low income area

We are able to offer the following support: Telephone support, Online social connections, support by post, socially distanced 'garden gate' conversations, social action. If you know of anyone who may benefit from this support please send their name and contact details to health@rotherhamunited.net

- **Age UK Rotherham**

Introduced two new services to help older people in Rotherham and their carers keep in touch with others during the current pandemic.

· Wellbeing calls - a free, regular phone call from a member of our experienced Age UK Rotherham team to check you're OK and help to sort any difficulties you may be having.

· Virtual activity clubs - a regular group phone call you dial into with activities such as bingo, quizzes and reminiscence hosted by one of our friendly team (these are free to join but call costs may apply).

Both services are available to all older people in the Rotherham Borough.

07782 550 926 / www.ageuk.org.uk/rotherham / csssupport@ageukrotherham.org

- **Dementia Connect Support Line (Alzheimer's Society)**

- [0333 1503456](tel:03331503456)

- **Listening Ear (for those bereaved during the pandemic)**

- [0800 0485224](tel:08000485224)