

Carers Newsletter

Covid-19 (Coronavirus)

We recognise that this is an unsettling time for many and as an organisation, we are responding by ensuring we remain up to date on guidance to help stop the spread of the virus.

Following recent government advice to suspend all unnecessary travel and social contact, we have had to **cancel all events for at least the next 4-8 weeks**. This appears to be the case with most public gatherings, with most social venues cancelling their events for the foreseeable future. We will continue to monitor the situation closely and keep you informed of any changes as and when they arise.

The Adult Carers team are still currently working from our office at Community House and we are all contactable by telephone and e-mail. If we end up having to work from home, we have plans in place to keep our service running as well as we can. If you have any concerns, please get in touch and we will do our best to help you.

We have compiled this basic guide to keeping well and will keep you informed as much as we can as things progress. If you have access to an e-mail account, we are advising everyone to also sign up to our electronic mailing list, so that we can get information to you as fast as possible in the event we do not have access to printers.

WE ARE HERE

If you are not already signed up to our electronic mailing list, please visit www.bromleywell.org.uk/our-services/carers or call us on **020 8315 1925** or e-mail us at carers@bromleywell.org.uk

Keeping Safe and Well

The main symptoms of Covid-19 (Coronavirus) are:

- Cough
- Difficulty Breathing
- Fever (a temperature of 38 degrees or higher)
- Some people will have no symptoms



[Public Health England](#) have stated that the best thing to do if you or a loved one have any symptoms “however mild, (is to) stay at home and do not leave your house **for 7 days** from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999”.

The [NHS](#) recommend that if **you live with other people** you should “**stay at home for 14 days from the day the first person got symptoms. If you live with someone who is 70 or over, has a long term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days**”.

Due to the extra strain on all services affected by the Coronavirus, the NHS have asked that you only contact NHS 111 telephone lines if:

- You are unable to use online services
- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better

Bromley Council: Covid-19 (Coronavirus)

“Whilst we are encouraging residents and businesses needing to contact the council to make contact via the website and not by visiting the Civic Centre, all services continue to operate as normal.”



Bromley Council also issued a press release on Tuesday 17 March stating that if you would like to volunteer to help vulnerable people during self isolation, you can register via their website: www.bromley.gov.uk/VolunteerApplicationForm or for further information: bromley.gov.uk/COVID-19

Bromley Mindfulness



Free online sessions

Robert from Bromley Mindfulness has kindly sent us the following message:

“Based on yesterday’s government bulletin, we need to cancel Wednesday's session in-person as it poses a risk for all of us. I shall deliver the online training instead. Your carers need the resilience training and they will then be connected to my online broadcasts which I shall deliver more regularly during this difficult time free of charge.

Below are three links to the websites that I will be broadcasting on. Please send these links to our carers and the information below.

You can include any carers and also your staff. The broadcasts will all be saved on the various channels just in case a user can't get to the live broadcast itself. They don't need to have attended any of my classes as this will be a standalone session and I will focus fully on resilience. Ask them to visit these sites on any device, mobile or computer at 4pm tomorrow for the live broadcast but they can catch up at any point afterwards.

The most reliable of these channels currently is Periscope. Periscope is a mobile app that also has the option to view the broadcast using a web browser on a computer. If they have any difficulty connecting via YouTube or Facebook, I suggest that they use Periscope.”

YouTube:

<https://www.youtube.com/channel/UC-Lq9EsOV7vyy5fRPDSWO8w>

Facebook:

<https://www.facebook.com/2020Meditation/videos/>

Periscope:

<https://www.pscp.tv/2020Meditation/follow>

Periscope instructions.

<https://help.twitter.com/en/using-twitter#using-periscope>

Contact us on: **020 8315 1925** or **carers@bromleywell.org.uk**

Useful Contacts

Here are some contacts we think may be useful. Some organisations will be offering reduced services in the current situation and subject to change.



www.bromley.gov.uk

If you are concerned about a vulnerable adult, please contact Adult Early Intervention on: **020 8461 7777** during office hours and **0300 303 8671** outside office hours or e-mail them: adult.early.intervention@bromley.gov.uk



www.gov.uk

Government website containing useful information, telephone numbers and guides. You can also sign up for e-mail updates on latest developments.



www.cqc.org.uk

The independent regulator of health and social care in England. You can also contact them on: **0300 616161**.



www.samaritans.org

"Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year". Freephone **116 123**.



www.thesilverline.org.uk

The Silver Line is a free confidential telephone helpline offering information, friendship and advice to older people in the United Kingdom, available 24 hours a day. **0800 470 8090**.



Oxleas

NHS Foundation Trust

oxleas.nhs.uk/advice-and-guidance/how-to-get-help/Bromley

Oxleas Mental Health Crisis Line: **0800 330 8590**. Call 999 if you are worried about immediate risk of harm to self or others.

Contact us



020 8315 1925
020 8315 1904
020 8315 1906
020 8315 1884



carers@bromleywell.org.uk

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