

## **Who Cares**

With so many of us now being told to stay at home for the foreseeable future due to the Covid-19 pandemic, this is a period of uncertainty and adjustment for us all. Whether you fall into the category of an elusive snow leopard who is used to spending time alone, or you are someone who thrives on being out and about, being busy and seeing family and friends, we are all in the same boat now. Even though this is for our own good it can still be frustrating, overwhelming and for some of us downright frightening. So, what can we do to ease the transition?

One friend of Carers Outreach Service told us she has written herself an isolation strategy. She drew a grid with the days of the week on it and allocated tasks for each day such as: phone a friend, email a friend, exercise, listen to a relaxation CD, take photos, do some gardening, deep clean a room, tackle paperwork, skype with family, and only watch the news once a day.

At Carers Outreach our support service for unpaid carers will continue; phone lines will stay open as they are being re-directed to staff's homes. Staff have access to a central server so they can keep carers updated with the latest developments. So if you are an unpaid carer you can contact us directly over the phone, by e-mail or through Facebook and we will be more than happy to help in any way we can. To help ease isolation we aim to conduct more 'keep in touch' calls with carers during this difficult time. We have been responding to queries ranging from, 'Where can I get some shopping delivered from?' to 'I am a key worker, but my spouse has COPD, should I be going in to work?' We will work with carers to help them find solutions to such challenges.

In this time of uncertainty we will continue to do our best to support unpaid carers in any way we can. You can phone us on 01248 370797, email [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk) or visit [www.carersoutreach.org.uk](http://www.carersoutreach.org.uk).