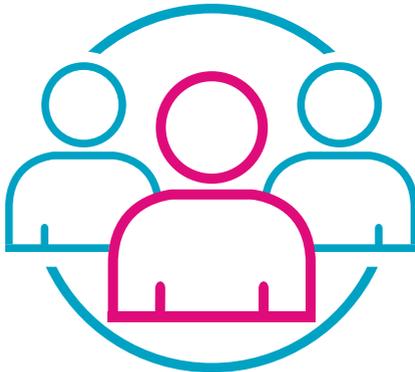


# Online Carer Support Programme

September - November 2020

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Committed  
to carer support

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## Carer Support Programme

We hope this Carer Support Programme finds you safe and well. Unfortunately due to covid-19 we remain unable to offer face-to-face support at this time. Whilst we wish we could be meeting with you all in person, we understand that now is not the right time as risk from covid-19 is still present and the health and safety of our carers and their loved ones is paramount. Delivering workshops that continue to support you in your caring role remains at the centre of our work. We have therefore developed our second online carer support programme. We appreciate that online working isn't the same as meeting in person but what we have learned from our last programme is that a real sense of connection is achievable via online working and in fact there are many perks i.e. no travel time or parking to consider.

As you will know, our carer support programme is co-produced based on the suggestions received by carers under the themes of the Public Health Agency initiative – 'Take 5 steps to wellbeing'. For now, some of the programme will be via live ZOOM classes and other areas will come in the form of links to relevant types of support. We are aware that there can be some barriers to accessing support online but if we can help you overcome any of these barriers please do get in touch.

**Whether you are online or not, please remember that you can contact the Carer Hub on 028 276 61210 Monday-Friday from 9am-5pm for signposting and support.**



## Take Notice

**'Take Notice' what it means whilst staying at home:** Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

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## Take5 – Promoting Self-care for Carers

## LIVE EVENT

This 4 week course focuses upon self-care and provides you with tools and techniques to consider what self-care means for you and how to apply and continue to practice your personal routine of self-care. Take5 is an evidence based positive mental health model which has been recognised globally and adapted by the NHS. Join us in a weekly journey to **connect, learn, be active, take notice & give**. You will receive a weekly toolkit to practice self-care.

### By the end of the course the learner will:

- Be able to understand what the 5 Ways to Wellbeing are and how they may be used
- Have a range of tools for using the 5 Ways to Wellbeing in a range of personal and professional situations
- Understand the terms wellbeing and resilience
- Recognise the importance of communication in relation to mental health and resilience

**Date: Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> September from 11am–12:15pm via ZOOM**

If you would like to register for this event, please contact us on 028 276 61210 or email [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net). When you register you will be required to provide your email address so that the link to join the ZOOM class can be emailed to you.

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## Be Yourselfie programme

**LIVE EVENT**

We ran this course a few years ago and carers have told us how valuable it was and have requested we revisit this course which is focused around building self-esteem, self-confidence, self-belief and self-image.

We all need to make time for ourselves and it is essential that we look after ourselves so we can continue to support and look after others.

This positive programme explores SELF and the relationship we have with ourselves including:

- \* Self-esteem
- \* Self-confidence
- \* Self-belief
- \* Self-image

**Date: Monday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> November from 11am – 12pm**

If you would like to register for this event, please contact us on 028 276 61210 or email [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net). When you register you will be required to provide your email address so that the link to join the ZOOM class can be emailed to you.

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## Useful Apps

If you find that your mind is always racing and have difficulty switching off to relax then you may like to try out a mindfulness app. Many apps are free to download and you will have a limited range of access within the app that will always be there to use. However, if you wish to access the full content there may be a subscription but this is optional.

Northern Trust Psychology Department suggest the below mentioned app which you can download onto your smartphone/tablet/ipad:

- Headspace – [www.headspace.com](http://www.headspace.com)



## Keep Learning

The Public Health Agency suggests that: **we are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves, use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.**

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## Cook with the Urban Community Chef

## LIVE EVENT

**Global Kitchen** – a series of interactive zoom online workshops on fundamental kitchen and cookery skills. This will offer an opportunity to learn essential tips and techniques from a professional chef that will help you to refine and improve your cookery and baking skills. Participants will receive recipes and supporting information in advance of the workshops. The format for these workshops is demonstrative with lots of time for questions and answers. These workshops are suitable for beginners and enthusiastic cooks.

Learn to make healthy tasty vegetarian recipes from around the world.

Mexican - Vegetarian Chilli Beans with Smoked Paprika Potato Wedges, Guacamole, Chimichurri & tortilla crisps

Chinese – Salt & Chilli Halloumi with Vegetable Stir Fry, Egg fried Rice & Curry Sauce

Indian – Spinach, Chickpea & Potato Curry with Turmeric Rice, Onion Bhajis & Flatbread

Italian – Vegetable Ratatouille with Linguine Pasta & Garlic bread

**Recipes might vary slightly due to a shortage of fresh ingredients.**

**Please note you will be provided with a box of ingredients for each week. Details on how you will get this will be provided when you book onto the class.**

**Dates: Thursday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October from 11am – 12:30pm**

If you would like to register for this event, please contact us on 028 276 61210 or email [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net). When you register you will be required to provide your email address so that the link to join the ZOOM class can be emailed to you.

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## **Register Your Interest**

### **Man-Made-Meals – cookery course just for male carers**

These interactive online cooking courses cover basic cookery skills as well as everyday nutrition for ensuring a healthy diet. The sessions feature a combination of demonstrations, discussions, and cook-along activities. We use our own tried and tested tasty recipes to help develop your cooking skills at home. Cook a delicious meal and give your opinions at the end with an interactive discussion on the results.

If you would like to register your interest for this programme please email us at [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net) or telephone 028 276 61210.

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## Country Cake Design Recipe

You will remember from our last programme that Lorraine from Country Cake Designs kindly shared her Best Scones recipe with us. Below you will find another of her recipes to try. We would love to see pictures of your finished results!

### Toffee and Chocolate Ice-cream Pie

#### **Base:**

300g choc bourbon biscuits (crushed)

75g butter – melted

#### **Filling:**

500 ml tub chocolate ice cream

6 tbsp toffee sauce (bottle)

500ml vanilla ice cream

2 x 37g pkt maltesers

3 flake bars.

#### **Method:**

Add crushed biscuits and butter together and press into pie dish

Chill.

Scoop ½ choc ice cream onto base.

Squeeze on 2 tbsp toffee sauce

Then scoop on ½ vanilla ice cream.

Put on 2 more tbsp. of toffee sauce.

Freeze.

For final layer, add alternate scoops of ice cream, dotting flake and maltesers along the way.

Finish with the rest of toffee sauce.

Re-freeze.....then serve

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## Public Health Agency Recipes

If cooking/baking is something you enjoy but you need inspiration for recipes then you may want to check out the link below which will direct you to the Public Health Agency's Recipe page.

[www.pha.site/recipes](http://www.pha.site/recipes)

Perhaps cooking and baking isn't for you but there may be a hobby that you have always wanted to try but haven't had the time, like learning to play an instrument, crocheting or gardening. You can find tutorials for most things on YouTube so have a look, challenge yourself, set yourself a goal. Seeing the end result will boost your confidence.

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## First aid at your fingertips

First aid training has been a regular feature in our events programme for some time now. The British Red Cross have developed two apps which means you're only two taps away from learning how to help someone in a first aid emergency.

The apps allow you to learn simple first aid skills at a time to suit you and keep your knowledge refreshed.

### First Aid App:

Download from Google Play here: [First Aid App \(Google Play\)](#)

Download from Apple Store here: [First Aid App \(Apple Store\)](#)

### Baby and Child First Aid App:

Download from Google Play here: [Baby & child first aid app \(Google Play\)](#)

Download from Apple Store here: [Baby & child first aid app \(Apple Store\)](#)

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## Open University (free courses)

The Open University have a wide range of free courses available including health, sports & psychology, education & development, languages and many more. If you find that you have some time on your hands and would like focus on self-development you may find something of interest to you here.

[Open University free courses](#)

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In this hand sewing workshop you will be making drawstring bags using rich textured autumnal fabrics, working with tweeds, wool, denims and vintage velvets from the curators collection. Learn some basic embroidery stitches that can transform your design. You will learn about 'make do & mend', the wartime incentive that has become popular again recently.

All materials will be provided and posted to you.

**Date: Monday 21<sup>st</sup> September from 10am-12:30pm**

If you would like to register for this event, please contact us on 028 276 61210 or email [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net). When you register you will be required to provide your email address so that the link to join the ZOOM class can be emailed to you.

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### Carers Website

We have been publicising our carers website and digital resources far and wide lately. With face-to-face carer support temporarily on hold it's really important to get support where possible and the digital resource covers a vast range of subjects which you can access from the comfort of your own home and at a time most convenient to you.

There are 5 main headings covering health & wellbeing, support for caring, technology & caring, financial support and working & skills. Within each heading you will navigate your way through many subjects e.g. nutrition, looking after your health, building emotional & physical resilience, managing someone's affairs, supporting carers at work.

If you would like to have all resources for carers in one place, you should visit the Northern Trust carer website <https://carersdigital.org/my/>. Create an account to log-in using the FREE access code DGTL2770. This is a designated website for carers where you can download resources, guides and the 'Jointly' app for free using the access code.

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## Libraries' NI

Libraries' are encouraging customers to continue to access reading and learning material through our website, eBook, audio book, eMagazine and eNewspapers service. Please take time to Read, Listen, Learn or Watch some of Libraries NI's recently enhanced online offering available below. There is storytelling, Rhythm and Rhyme, craft sessions and worksheets for children and so much more. Why not register as a new virtual member at:

Download from Google Play here:

[Libraries NI \(download via Google Play\)](#)

Down from Apple Store here:

[Libraries NI \(download via Apple Store\)](#)

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## Be Active

What does it mean to be active? The Public Health Agency explains: **exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity.**

Keeping active during these times is important for our physical and emotional health. We are amazed by the extent of what is available and ready to use for free! There really is something for everyone on the NHS exercise page. We have included some links for workouts that you may enjoy. Alternatively you can take a look at the NHS website for more: <https://www.nhs.uk/live-well/exercise/>

If you have an underlying health condition, please check with your doctor/health care provider before taking part in any exercise.

## **Physical activity guidelines for adults below:**

[Physical activity guidelines for adults](#)

## **Physical activity guidelines for older adults:**

[Physical activity guidelines for older adults](#)

## **6- minute warm-up:**

[6-minute warm-up](#)

## **Aerobic exercises:**

[Aerobic exercises](#)

## **Strength exercises:**

[Strength exercises](#)

**If you are short for time then check out the link below for a**

## **10-minute workout:**

[10-minute workout](#)

## **Sitting exercises:**

[Sitting exercises](#)

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## Connect

The Public Health Agency suggests that: **we should connect with the people around us. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.**

It's true that we need to be creative in how we connect with each other right now. Many are embracing technology to find ways to stay connected to their loved ones, whilst others are choosing to use more traditional methods like pen and paper to write letters. There is no right or wrong way to stay connected – what's important is that we find a way that works for us and remember the many benefits of staying connected.

## Carers Chat Forums

The forum within the carers website allows you the opportunity to connect and chat to other carers about a range of topics. We already know that there is real value in connecting with other carers - people who will understand your experience. If this is something you would like to try you can access the forum on the link below or access through the carers website.

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

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## Breathe, Laugh, Relax

LIVE EVENT

These sessions will include:

- Yogic Breathing
- Movement
- Laughter Yoga
- Yoga Nidra (deep form of relaxation)

\*\*Warning – these sessions are guaranteed to leave you feeling joyful, light, peaceful, calm & happy.

**Date: Monday 7<sup>th</sup> September from 11am-12noon**  
**Monday 5<sup>th</sup> October from 11am-12noon**

**Join us to celebrate Carers Rights Day on Thursday 26<sup>th</sup> November**

**From 11am – 12noon for a Breathe, Laugh, Relax session via ZOOM**

If you would like to register for this event, please contact us on 028 276 61210 or email [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net). When you register you will be required to provide your email address so that the link to join the ZOOM class can be emailed to you.

## Carers Catch-Up

LIVE EVENT

Carers catch-ups have been a regular theme in our programme for some time now and we made the decision to hold these online. As humans we are wired for connection and these catch-ups offer just that. You will know from our previous catch-ups that these are an informal time together that offers the opportunity to relax and have a chat over a cuppa.

**Date: Friday 25<sup>th</sup> September 2020 from 10am-11am**

**Friday 23<sup>rd</sup> October 2020 from 10am-11am**

**Friday 27<sup>th</sup> November 2020 from 10am-11am**

If you would like to register for this event, please contact us on 028 276 61210 or email [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net). When you register you will be required to provide your email address so that the link to join the ZOOM class can be emailed to you.

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## Give

Remember that: **we are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.**

We are aware that many carers will be giving more of their time to look after their loved ones at the moment. However, we would like to encourage you to take some time for you to relax, unwind and support your own wellbeing. Perhaps now is a time to reassess and lay down some foundations that will support you in your caring role right now and in the future.

**With this in mind why not commit to giving one thing to yourself each week that will support your wellbeing.**

## Peer Support

Many times you may find yourself supporting other carers, if you would like guidance and direction to help you whilst doing this please let us know by emailing [carers.coordinator@northerntrust.hscni.net](mailto:carers.coordinator@northerntrust.hscni.net) or telephone 028 276 61210 as we are working on developing a peer support programme.

## Involvement Network

If you would like to be involved in planning of future services and working with the Northern Health and Social Care Trust you may wish to join our Involvement Network. If you are interested and would like more details on the Involvement Network please contact Lynda Elliott, Personal and Public Involvement Coordinator by email [ppi.cordinator@northerntrust.hscni.net](mailto:ppi.cordinator@northerntrust.hscni.net) or telephone 028 2766 1453.

## Any Suggestions

On a final note it looks like our events will be running like this for a while. We always like to hear from you and we value your feedback and suggestions. If there is anything you would like included in the next programme please get in touch.

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## How to download Zoom on your device

1. Open **your device's** internet browser and navigate to **the Zoom** website at **Zoom.us**.
2. Scroll down to **the bottom of the page** and click «**Download**» in **the web page's** footer.
3. **On the Download** Centre page, click "**Download**" under **the «Zoom Client for Meetings»** section.
4. **The Zoom** app will then begin **downloading**.

Alternatively you can wait until you have received the email link to join the ZOOM class. Once you click into link you will be automatically prompted to download the app to the device you are using.

A zoom link will be emailed upon registration for each session.

You can log into a virtual waiting area 15 minutes in advance of each session which will allow you the opportunity to short out any teething problems you may encounter and to relax before the session begins.



