

CARERS

Greetings from Southwark Irish Pensioners Project

Welcome Carers

It has been a tough year for all during the Pandemic, however some have become more isolated than others. In April/May 2020 the Government introduced the Clinically Extremely Vulnerable Category (CEV), with individuals receiving letters urging them to stay inside. According to National Statistics the NHS identified approximately 2.2 million people between 28 May 2020 - 3rd June 2020 that were Clinically Extremely Vulnerable.

With the introduction of the CEV, a lot of support was needed in the community to reach those that needed it. During this time, it became apparent that with those being told to stay inside, unpaid Carers were stepping up and putting the needs of those they care for first.

Southwark Irish Pensioners Project have been reaching out to the Pensioners within Southwark, Lambeth and Lewisham for 26 Years, providing support and signposting. Even though the office was closed during the pandemic we took to our phones and called over 400 pensioners a month. It has been a great achievement, but we wanted to do more.

So in December 2020, SIPP decided to employ a new member of staff with the aim to reach as many Carers, to give them their own support link. I am very proud to be part of an amazing charity as the Carers Support Worker and help our Carers, who have taken on the responsibility to look after others. You have each done something amazing, and you do it with goodheart. So here is a **Massive Thank You** and a round of Applause to each and every one of you,

Best Wishes,

Catriona



Am I A Carer?

A Carer is anyone who helps someone with their day-to-day life, this could be due to illness, frailty, disability, mental health issues or someone suffering with addiction. The care they give tends to be unpaid. If that person would struggle to cope without your help or support, **then you may be defined as a Carer.**

There are different circumstances for a caring role. As a Carer, you could be looking after a member of your family, your partner or a friend. For example, a couple may be looking after one another or a Carer may be living elsewhere.

Many Carers don't see themselves as a Carer because of their relationship with the cared for person. Due to them finding it difficult to distinguish between the two roles, it can take a long time, on average up to two years, for a Carer to acknowledge their role.

The challenges for Carers vary day to day, with many Carers juggling their caring responsibilities around work, study and other family commitments. Caring duties include personal care, household tasks, financial matters, supervision, travel assistance and emotional support.

For each petal on the
shamrock
This brings a wish your way
Good health, good luck
& happiness
For today and every day.





See the World

While global travel is on hold, a lot of us are missing being able to see new sights, or revisit places we hold close to our hearts.

So rather than wishing the days away, until we are finally able to travel again. Why don't we fill those days with a little bit of travel from the comfort of our own home.

Across the internet there are a wide range of Free Virtual tours available, where you can sit with a cup of tea, feet up and gaze upon some of the wonders of the world.

Italy-Vatican City

The Sistine Chapel was originally known as 'Cappella Magna', situated within the Apostolic Palace in Vatican City, Italy. The chapel is decorated with frescos and is most famous for the Sistine Chapel Ceiling and the Last Judgement both by the Artist Michelangelo.

For a Free Virtual Tour Visit:

<https://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html>

Trivia

- Most Irish national symbols aren't specified in law; they are mostly recognized by common usage over many centuries. Almost all Irish national symbols predate the formation of the Republic of Ireland in 1922. The exception is the official national symbol of Ireland- What is it?

A) The Shamrock B) The Irish Hare C) The Harp

- Leprechauns are a well-known part of Irish folklore, and these little men, dressed in green, are believed to keep a pot of gold hidden at the end of the rainbow. When he's not busy granting wishes or playing practical jokes on unsuspecting humans. What is the leprechaun's day job?

A) Goatherd B) Baker C) Shoemaker

- Brewing has a long history in Ireland, and there are more than 75 operational breweries in the Irish Republic, many of them independent craft breweries . Among all the big names in brewing that people recognise from their own drinking experiences. What is Ireland's best-selling brand of beer?

A) Heineken B) Guinness C) Murphy's

Kindness

Can transform someone's dark moment with a blaze of light.

You'll never know how much your caring matters

Amy Leigh Mercree, Author

Take a Break

When caring for someone, it's important to remember to take care of yourself. You are as important as the person you care for, if your health deteriorates, how will you carry on caring?

By stepping away for a few minutes, it can give you the space and distance to feel calmer, helping you to relax and stay healthy.

For the month of May try taking a few minutes a day for YOU!

- Read a book or magazine
- Run yourself a bath
- Watch a film
- Play with a pet
- Try a new recipe



Door Step visits from S.I.P.P

With restrictions now lifting, we will be doing less phone calls and more fly by door step visits. All the team have been inoculated thanks to the NHS Staff at the Tessa Jowell Health Centre, and we are super excited to be able to be back out seeing you all.