



Family Carers

Southwark Irish Pensioners Project Are Here For You

5 Steps to Wellbeing

Connecting with other people to form good relationships, can help you support each other emotionally and gives an opportunity to share positive experiences.



Try taking time each day to be with family or friends. To share a nice dinner or arrange a day out with friends who you haven't seen for a while.

Learning a new skill can help build a sense of purpose, while building self-confidence and raising self-esteem.



Why not try and cook something new, work on a DIY project you've been putting off or try a new hobby that will challenge you in a new way, such as painting.

Being active on a daily basis can be great for your physical health and fitness levels. Staying active can have a positive change in mood by stimulating chemical reactions in the brain.



Try to find some free activities to help you get started, you could try swimming, walking or dancing. If you have a disability or a long term health condition find out about the best way to get active.

Paying attention to your present thoughts, feelings and the world around you, can improve your mental wellbeing.



This type of awareness can be called mindfulness. Being more mindful can help positively change the way you feel about life and understand yourself better.

Giving time and kindness to others, can help create positive feelings and a sense of reward, giving you the feeling of purpose.



Saying thankyou to someone who has done something for you, or asking those around you how they are and listening to them, can help form a connection. Sometimes spending time with friends or family that need support can give you both a boost.

Remember

Don't rely on technology or social media to build relationships.

Don't feel like you have to learn a new qualification, instead find an activity you enjoy.

Don't feel you need to spend hours in the gym, do an activity that you can make part of everyday life.

Don't over stretch yourself do things that make you happy

'Every Morning,
we are born again.'

What we do today,
is what matters most'

Buddha

You Are Not Alone

During the Pandemic measures were in place to help control Covid-19, depriving us of physical connections with other people, having a negative effect on both Mental and Physical wellbeing. A light has been shone on the impact of loneliness on us as individuals. Loneliness is the feeling of sadness that can come from not having the social contact we would like, leading to social isolation.

A change in circumstances may trigger these feelings, or you may have had this feeling for a long time without knowing why. Some common experiences that could make you more likely to feel lonely include; Caring responsibilities, retirement, health problems that can restrict you getting out, hearing or sight loss, loss of someone close, you live on your own or you are shy and suffer from social anxiety.

It is important to remember that you are not alone, most of us will feel lonely at some stage in our life and the feeling of loneliness is unique for each person. Feelings of Loneliness shouldn't be confused with people who enjoy their own company and choose to spend time on their own.

The first step is to recognise how you are feeling and to find a way to feel comfortable with yourself. Sometimes there may be underlying feelings and anxiety, that you will need to address before spending more time with others. Try to challenge negative thoughts and remember to be kind to yourself.

For information go to: www.letstalkloneliness.co.uk

Top Tips to Support Yourself & Others

1. Talk to someone about how you feel:
S.I.P.P: 0800 15 777 83
Samaritans: 116 123
SilverLine (55+) 0800 470 8090
2. Keep in touch with those around you
3. Join an online group
4. Help someone else feel connected
5. Join an online community
Carers: www.carersuk.org/forum
18+ : www.sidebyside.mind.org.uk
Grandparent: www.gransnet.com
6. Try the online mood self-assessment tool available on the NHS website:
nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment
7. Think about a new routine, set a goal, take time to do what you enjoy, make sure to put time aside each day to relax and why not try and enjoy nature.

Goals for August

Whether it's a new skill you want to learn or to be able to put 5mins aside each day for your own thoughts, no goal is too small or too big, its about your personal preference. Use our goal setting tool below to write down what goals you would like to achieve over the month of August.

For the month of August I want to:

To achieve my goal in August I will in **Week 1:**

To achieve my goal in August I will in **Week 2:**

To achieve my goal in August I will in **Week 3:**

To achieve my goal in August I will in **Week 4:**



Looking After You

Being a carer can be rewarding, however at times it can put a demand on your own physical and emotional wellbeing, leaving you feeling tired. It is easy to forget about yourself when looking after others but it is important to remember to keep yourself in good health.

A helpful starting point to get the support you need, is to inform your GP surgery that you are a carer. It will allow your Doctor to know that you are more likely to be under pressure at times and offer more tailored advice and provide more support when necessary.

Your GP could help:

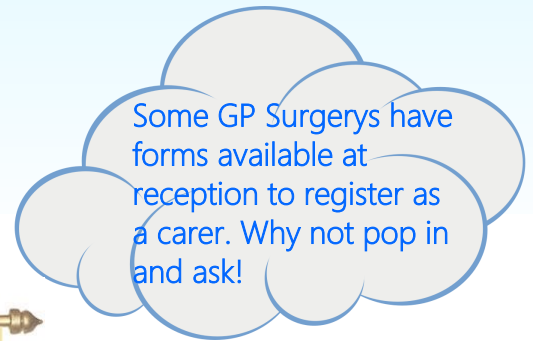
- Provide you with advice and information about the medical condition that the person you support has.
- Recommend services provided by the NHS such as continence services or patient transport to hospital appointments.
- Recommend other sources of support such as Social Services or Local Voluntary Organisations
- Arrange double appointments at the surgery for both yourself and the person you care for at the same time to avoid needing to visit the surgery twice. Or arrange home visits if your caring responsibilities make it difficult to attend the surgery.
- Arrange repeat prescriptions to be delivered to your local pharmacy.
- Provide supporting letters and evidence to help you and the person you care for, to access benefits such as Attendance Allowance or the Blue Badge Scheme.

A 'Grounding Tool' for Anxiety

Anxiety is a feeling of unease, such as worry or fear, it can be mild or severe. It can be helpful to use a grounding tool whenever you feel anxious.

Look Around You & Find ...

- 5 Things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Trivia Answers Issue 2

1. B 2. B 3. A 4. C



Watch This Space

We are currently securing our locations for our Day Services and an announcement will be made in the coming weeks...