



## SUMMER NEWSLETTER 2020

**Dear Carer**

Little did we know what was before us when we put out the last Newsletter. While sadly there have been people affected by the Covid – 19 virus we have been very lucky in not being hard hit. Please remember we are here for emotional support, as I know many of you will be in a very isolated position at the moment.

**CROSSROADS RESPITE CARE SCHEME** – We cut our cares drastically to protect unpaid Carers, their dependants and our staff, which resulted in furloughing some of our Care Attendants. I am happy to say after 12 weeks we are picking up our cares again as we are well aware that 12 weeks with no respite has been hard. If we have not been in touch with you and you would like your care to start again please ring this number 07927487517. Where we can, we will social distance, keeping the 2 meter rule. If we are providing personal care we will wear an apron and gloves and if our client is shielding we will wear a mask. If your dependant doesn't have a shielding letter but you would prefer us to wear a mask, we will. Hand washing and using sanitiser is a top priority. When we visit a client we will ask if they are feeling alright and if they are showing signs of a cough or fever. If our staff phone in unwell with Covid symptoms they will be tested and told to isolate until they get the result. We can take people out for a walk or a run in the car. When in the car we will be sanitising the handles and seat and asking the client to wear a mask as will our Care Attendant. We do recognise though that people affected by Dementia may not understand the need to wear a mask and in that case they will not have to. If we have to provide personal care to a person with Covid Symptoms we will wear full PPE which will include a Visor. A core of Care Attendants have been working over the last twelve weeks delivering essential care and we commend them for their dedication. The office staff have all been working from home but we will be considering getting back into the office when we can make it as safe as possible and Carers will be welcome to pop in. You will be welcome to wash your hands or use a hand sanitiser on entry. There will be a shield at the reception desk. Staff will be spaced at 2 meters and some may still opt to work some of their hours from home.

**PPE** – Unpaid Carers may still be eligible for aprons, gloves and masks free of charge from the PPE Hub. If you need some ring 879900 where you will be asked questions to see if you are eligible and they will then deliver the goods to your home. We still sell wipes and foam cleanser in the office and if you can't access gloves etc. from the Hub we will see what we can do to help.

**PTO**

**YOUNG AT HEART MEMORIES CAFÉ** – Although the café is shut they haven't forgotten about people affected by Dementia. They recently received a grant to buy activities such as jigsaws, games, puzzles and books that are suitable for vulnerable people. You can get them to keep or return them if you feel they aren't for you. If you would like something we can deliver it or post it out to you. Please contact Lorna Reid on 781329, Elizabeth Bown on 781348 or Crossroads on 870500.

**CARERS ALLOWANCE** – The Scottish Government are giving an additional payment to Carers who receive Carers Allowance, this will automatically be paid on the 26<sup>th</sup> of June. They have also relaxed the rule on providing at least 35 hours a week during the current Covid situation to take in shielding and isolating cases.

**FUNDRAISING** – We probably won't be able to hold any fundraising events this year but Susy Shearer came up with a good idea of 'Craft for Crossroads' where people can donate a bit of craftwork that we can sell, raffle or silent auction later in the year. Any type of craftwork will be welcome, let us know if you would like to do something.

**AGM** – Our Annual General Meeting was due to take place on the 30<sup>th</sup> of June but this has had to be postponed. It will be advertised in the Orcadian when we decide to go ahead. It may also be by ZOOM. Papers will be sent out to members and even if you cannot attend we would be grateful for the proxy forms to be completed and returned.

**DEMENTIA RESOURCES** – As always I would like to remind you that we have dementia resources for loan. Items such as medicine cabinets, tv controls, trackers, phones, clocks and many more items are available.

**TIME TO LIVE FUND** – We still have some Time to Live Funds left for Carers of adults and Young Carers to apply to. Taking trips away is one of the most popular ways of using this fund but due to Covid that isn't possible at the moment. There are many other ways the fund can be used to provide yourself with a break, for instance buying some gardening equipment, subscribing to a magazine, doing a course, buying a Wii, etc. If you are doing a substantial amount of caring give us a call for an application form.

**CARERS SUPPORT GROUP** – This group is suspended at the moment.

**TRAINING** – We hope to be able to offer Moving and Handling training again soon and First Aid too - to book a place call the number below.

Kind Regards



Telephone: 07927487517 or 870500 or email: [olivia@crossroadsorkney.co.uk](mailto:olivia@crossroadsorkney.co.uk)