



Carers'
Information
& Support
Service

CISS Newsletter



CARERS NEWSLETTER

May 2021

Welcome to the 2nd edition of the Carers Information & Support Service newsletter. We hope that this keeps you up to date with all things carer across the city.

Community Access

We are really pleased to announce that we have been able to increase our support out in the community, also offering the option of late night and weekend appointments. We now have availability across the city in the following areas, Westbourne Health Centre, Bransholme Health Centre, Bilton Health Centre, Wilberforce Health Centre and Orchard Park Health Centre. We continue to be accessible over the telephone and virtually for those carers that need the convenience of an appointment within their home settings.

If anything has changed within your caring role and require support please do not hesitate to contact us. 01482 222220.

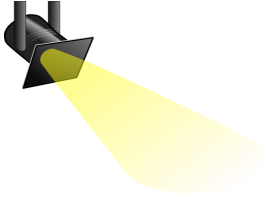
PPE

Are you an unpaid carer providing support to an individual who does not live in your household? If so you may be eligible to access free PPE. The governments infection control guidance has been continually reviewed and evolved over time to respond to covid 19. As part of this Sage has recommended that unpaid carers should follow the same PPE procedures recommended for domiciliary care workers. You can access free PPE if you look after a family member, your friend or your partner, and the care you give is unpaid. Please contact the service on 01482 222220 for more information on how and where to collect your PPE.

Access for all....

Did you know, this newsletter and other service information is accessible in many different languages and formats when you access online via our website. Please visit— ciss.chcp.org.uk

Carers' Information & Support Service
The Calvert Centre, 110a Calvert Lane, HULL, HU4 6BH
01482 222220 chcp.carersinfo@nhs.net



Worker in the spotlight— CISS Family Worker. Lindsey Jones.

What family support offers:

The family support worker will offer the carer their own assessment from which a care plan bespoke to their individual needs and needs of their family will be completed. This will be reviewed at regular points throughout the journey of the carer and their family and support will be offered to ensure the carer reaches their desired goals and increase their health, wellbeing and social functioning.

Emotional & practical support offered 1-1 or as a whole family - (Goal setting, active listening & reflection, re-assurance & encouragement).

Family Meetings - (Facilitation of family meetings, helping to support whole family involvement & improved communication, support to reach decisions with regards to caring).

Safety Planning – (working with the family to put a shared plan in place – what happens if...? Help to identify emergency numbers family and organisations, Signposting to relevant organisations to ensure safety at home, complete the hand of support tool).

Communication support – (1-1 or whole family support to help improve communication in difficult or challenging situations, varying interventions used).

Health & Wellbeing Advice – (Through assessment identify needs in this area, offer basic advice and support refer to specialist services if needed).

Advocacy – (listen to your views & concerns, help you to explore your options & rights, accompany and support you in meetings and appointments, providing a link to services relevant to your cared for's need).



Carers Week 2021

Carers week is fast approaching. This year Carers Week will take place between **7th—13th June** and the theme is making caring visible and valued. Please keep a look out building up to this week and over the week on our social media platforms for things that we are doing to ensure that Carers are recognised and caring is more visible.

Would you like to share anything via our social media platforms during carers week? Do you attend a group or have something that offers support to you as a carer that you would like to share and let other carers know about? If so please contact us on 01482 222220 or alternatively email us: chcp.carersinfo.nhs.net



**This Carers Week we're
coming together to help
Make Caring Visible.**

carersweek.org

Creative Carers.

Kevin Cooper lives with his wife, Pat in Kingston Upon Hull. His career spanned from being a Tutor, Teacher, Lecturer, and Manager. He also worked several years for the NHS before recently retiring to become a full-time carer for his wife.

Kevin has since written and published several books including memoirs, poetry, short stories, and children's fantasy.

We have been really lucky to have the involvement of Kevin who has kindly shared with us a piece of his poetry.

Your Eyes To Smile

*They smile Your eyes
And make me glad
Illuminate your spirit
My heart would say*

*Were it otherwise
Feelings so sad
No merit could
Drive them away*

*Your eyes to smile
No more would I ask
And nothing more
Expect from you*

*Pleasant conversation
Ensuing to pass
Delightful things
Shared with you*

*My nature it be
That write I must
Of meaningful things
I find each day*

*For in myself
I cannot trust
To speak the things
My heart would say*





Hull
City Council



Hull Young Carers Service

Good News Story – Young Carers City-Wide forum and the development of new local support services for Young Carers.

In March, young carers from Route One Youth Centre in North and Andrew Marvell Youth Centre in East came together over MS Teams to take part in the first Young Carers City-Wide forum panel.

With support from youth workers, the panel of young people were invited to give their thoughts on 7 grant applications received to the Hull Young Carers Wellbeing Grant - Community Grant Award. The grant scheme is commissioned by Hull City Council and NHS Hull Clinical Commissioning Group in partnership with Kids and aims to support and develop new opportunities and initiatives that improve the wellbeing of young carers in Hull aged 5-17.

Young people were provided with an overview of each project including the provider, its aim and the impact it could have on young carers wellbeing and the amount of funding requested by each project. Young people were then asked to consider the proposal to see if it would be something they would access themselves, would it provide value for money and was it something they would like to see to increase support for young people who have a caring role. Young people then had the opportunity to ask any further questions on each application.

The range of bids which were discussed on the evening collectively totalling over £20,000 aiming to provide a range of exciting new opportunities. After some debating the young people felt all were worthy of the grant which included additional weekly support sessions for young carers across the City, holiday clubs in the Summer, training workshops on Autism, trips out and a walking booklet to increase young carers fitness and emotional wellbeing.

“ I enjoyed been part of the panel to give out funding as I felt I knew more about what goes, it felt great helping to decide” Nikita - young person.

Special Stars

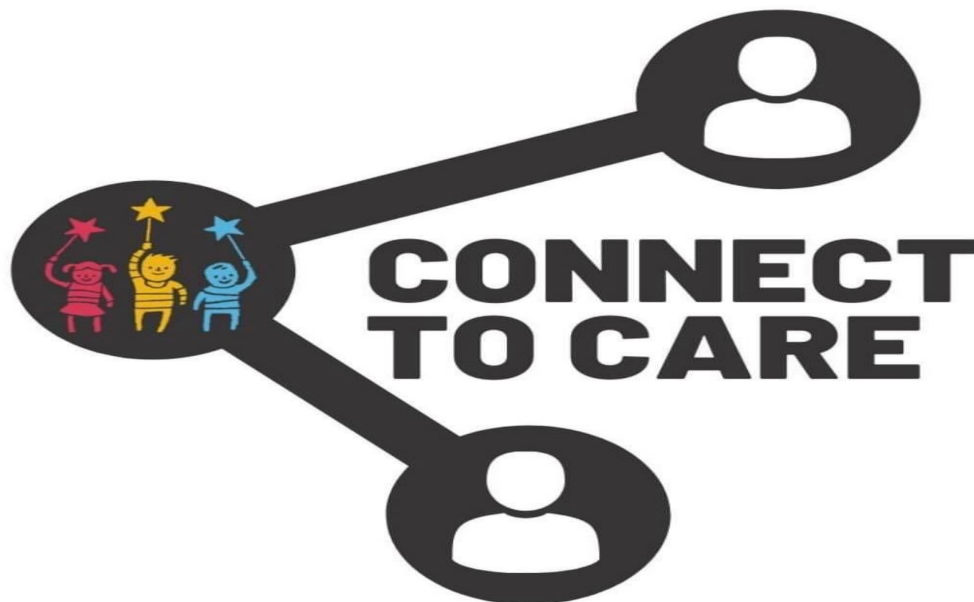
Special Stars Foundation are a registered charity supporting people with disabilities and their families in Hull and East Yorkshire

Special Stars would like to raise awareness for our Connect to Care service which is a free advertising platform for disabled people requiring a carer to post adverts and for carers to advertise their services in Hull and East Yorkshire

They have simple templates for advertising and will assign your advert with a reference number and email over applications so that the person advertising may remain anonymous

The service is managed by Special Stars Foundation. You can find out more at <https://www.heyspecialstars.co.uk/connect-to-care> or www.facebook.com/heyctc

For queries contact 01482 227657 or admin@heyspecialstars.co.uk





Aim Higher

Aim Higher are a local charity in Hull and East Yorkshire, set up by four mums to empower families facing autism, mental health and educational barriers.

They have support group via Facebook messenger 10am—11am every 2 weeks now lockdown is easing,

The Warren

Hull Young Carers Group is a fun group based at The Warren for Young People aged 16-25 who have current or previous Caring Responsibilities. We offer one to one and group support, Information, Advice and Guidance, fun group activities, trips, courses and more! The Warren Young Carers is a free group and a great place to meet new friends, relax and have fun. We also offer various other free services such as Employment support, Counselling, Food Parcels, Training and more.

If you are a Young Adult Carer and would like some more information on how the project can support you, please contact:

Heidi or Janet 01482 218115.

You can also Facebook message us @HullYoungCarers, Email us on heidivictoria@thewarren.org or Text/Call 07455455851.



Freedom Stroke Group

The Freedom Stroke Club meets on the last Friday of each month at the Freedom Centre from 11am—1pm.

It is run by stroke survivors and their carers. Everyone offers each other support, friendship and empathy.

Contact Alan on 07779145115.

Or via our website:

freedomstrokeclub.co.uk

Facebook Freedom Stroke Club.

Twitter @group_stroke.



Butterflies Memory Loss Support Group



Butterflies Groups include:-
Weekly Men's Luncheon Club
(Garden Village)

Monthly Butterflies Sessions
for carer and the cared for.
(City Centre HQ)

Monthly Butterflies Sessions
for carer and the cared for
(Hallgate Methodist Church
Cottingham)

Monthly Carers Support Group
(City Centre HQ)

Bespoke Carer Training Session
(City Centre HQ dates TBA)

Because we are now keeping the groups small for your safety, unfortunately you will need to book a place on these groups. Please give us a call or email for more information.

We will also be starting a new group in June for those of you whose caring role has changed when your loved one has gone into a care facility or is no longer with you. Please let us know if you would like to join this relaxed session where you can just chat with others over a cuppa.

Wellbeing Zone

From lockdown to relaxation of covid rules: tips on looking after your mental health:

Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to reconnect with life. Things may not be the same as they were before. Because our situations are unique to us, it is really important to try not to judge ourselves harshly based on what other people are doing. Everybody is facing uncertainty and challenge – and we have no choice but to move through it as best we can with our own coping mechanisms.

Fear and anxiety

Fear and anxiety are possibly the most common emotional responses any of us will feel as we approach the release from lockdown. Finding a way to pull ourselves through lockdown took a lot of our emotional energy and we may have found a place that lets us cope, and that we don't want to leave behind just yet. It's important to acknowledge that these feelings are reasonable, and to expect them. It's only by building up tolerance gently that we can move through these fears. If possible, take things at your own pace – but try and challenge yourself to try something different each day or every couple of days. It's very easy to allow the seclusion that was necessary in lockdown to become deliberate isolation as lockdown ends. Celebrate small wins (and big wins) and try and keep a note of what you are achieving.

Control what can be controlled – there are a lot of things you can't control that cause you fear and anxiety – but there are some things you can manage or plan for. Having an action plan for managing things you might find difficult can help.

Focus on the present – you can only do your best with what you have today. With regulations changing frequently, and lots of conflicting media discussions, try and keep a focus on the moment. Mindfulness meditation is one way of bringing your mind back to the present moment.

Bring things that are certain back into focus – whilst a lot of things are uncertain at the moment, there are also things to be hopeful about. Try to record and appreciate good things as they happen. Try and take opportunities to reset and relax.

Talk to people you trust – it's important to talk about how you feel. Don't dismiss your concerns or judge yourself too harshly. You may also be able to find your tribe online, but try and get outside perspectives too.



Lets Talk—Mental Health Support

Let's Talk have recently introduced another option in supporting those who may struggle to access their service due to various reasons.

You can now call 01482 247111 and if you meet the requirements (no internet/no access to a computer/accessibility needs), you can make an appointment to have support with completing our referral form.

This appointment will be for someone to talk through the questions with you and complete the form on your behalf.

We still have the options of completing a referral form online via our website <https://www.letstalkhull.co.uk/pages/make-a-referral> or you can call 01482 247111 and book in for a telephone assessment.

We are also running our virtual Stress Control sessions across 4 weeks, the platform in which this is delivered on enables attendees to remain anonymous and only the facilitators can be heard or seen, to book onto this you need to complete our referral form or book a telephone assessment, more information can be found on our website <https://www.letstalkhull.co.uk/pages/stress-control>



The advertisement features a stylized illustration of a person sitting on a chair, looking distressed with their hands on their face. A black cat sits on the floor next to them. In the background, there is a shelf with a plant, a water bottle, and a mug, and a table with more plants and books. The text is set against a blue and purple background.

Let's Talk...
Depression & Anxiety Services Hull

Anxious?
Worried?
Stressed?
Feeling down?

Contact Let's
Talk today

letstalkhull.co.uk | 01482 247111

chcp
Excellence - Compassion - Expertise

NHS

EMPOWER

CHRONIC DISEASE SELF-MANAGEMENT

The EMPOWER Programme is now running virtually via Microsoft Teams.

The Empower Programme is The Chronic Disease Self-Management Programme and has been in the UK for 20 years.

The Empower Programme was developed from research at Stanford University and the content of the course is based from people with long-term health conditions.

The programme provides you with a range of self-management techniques, to help you take control of your condition, increase your confidence and improve your quality of life.

Empower is suitable for anyone with a long-term health condition or a carer for someone with a chronic condition. Empower is not aimed at one specific health condition but a range of conditions such as Arthritis, Fibromyalgia, COPD, IBS, diabetes.

The course is for anyone living in the Hull area with a Hull GP aged 18+.

Our next online programme commences on Thurs 24th June 10am-12.30pm for 7 weeks.

Week 1 is a pre-course week, so we can support you accessing the course online, you can meet our tutors and ask any questions about the course.

If you are interested in our next course, future programmes, or require any further information please contact The Volunteer Hub on Tel: 344057 or email





Virtual Health Checks.

Stay young at heart and take the heart age test today

Your heart age gives a good idea of your current and future health. If your heart age is higher than your real age it may be a sign of health issues such as strokes and heart attacks.

But there are things you can do today to help **reduce** your heart age and your risk.

Take the heart age test www.healthcheckshull.co.uk and book a FREE virtual health check with Hannah who will create a personalised plan to help you start your journey to being the best version of you...

We provide a one to one service over the phone or by video chat.

You don't have to be ill to benefit from a health check. Nothing puts a spring in your step more than a clean bill of health and taking control of your health can be empowering as well as reassuring.

We provide a one-to-one service over the phone or by video chat.



Carers Voice

This is the section we want to give to carers to share their caring story. We hope this helps others to not feel alone and also learn about the support others have received that has supported them in their caring role and helped them to keep going.

In this edition Matthew speaks about his caring role and the support he gives his wife and what he has received to help him.

I've been a carer to my wife for over 20 years now. I do everything for my wife get her up, dress her, take her to the bathroom, make her meals and drinks. I try and make her life as easy as possible for her.

About 3 years ago I was told about Carers Information & Support and was advised to contact them for some help due to my wife needing more help now. I am so glad I contacted, they have been great. They gave me some advice on how to cope with my stress due to my caring role, they told me about the £200 carers payment I can get to help me out. I have used this to go on day trips to have a break from my caring role and I get someone in from Helping Hands to look after my wife. This help has been great because I get a break for a day, this way I get a rest so I can continue my care for my wife.



Carers Information & Support have been great they are caring and supportive when you need it. I can ring them or email then anytime for help or advice. I get a review every year to make sure everything is OK with me and even better now they have a carers card so when I go out I no longer have to worry about if something happens to me when I'm out that my wife will be left alone at home because no one know she there. The carers card has all my details and what help my wife needs. With this carers card my life is a lot better now.

Without carers support I don't know where I will be now to be honest, caring for my wife can be upsetting because you want to do has much as you can to make sure their life is as easy as possible, sometime you forget about yourself. Carers Information & Support are there to make sure you don't forget about yourself with great advice and help. I now know they are there if I ever need help or advice ,I don't have any stress now.

If you would like to share your caring story please get in touch 01482 222220 or alternatively email us on carersinfo@nhs.net



Learning & Development News

HULL City Council Adult Social Care – training currently available and accessed by completion of the attached application form and sent to email address:

Learninganddevelopment@hullcc.gov.uk

Drug and Alcohol Awareness Training (Adults)

(2 Hours – Virtual Microsoft Teams)

27th April, 26th May or 30th June 2021 Times: 3:00 – 5:00pm

The Hull MEAM Approach Mixed Agencies Class

14 April 2021 or 20 April 2021 or 29 April 2021

Times: AM: 10am – 12pm PM: 2 – 4pm

Venue: Endeavour Learning and Skills

Moving & Handling Children & Adults (see attached fitness questionnaire)

21 April 2021 or 28 April 2021 or

5 May 2021 or 12 May 2021 or 19 May 2021 or 26 May 2021 or

2 June 2021 or 9 June 2021 or 16 June 2021 or 23 June 2021

Time: 9:00am (**PROMPT START**) – 5:00pm

Venue: Endeavour Learning and Skills

Domestic Abuse and the Impact on Those with Care and Support Needs

14 April 2021 or 18 May 2021 or 6 July 2021

Times: 9:30am (**PROMPT START**) – 4:30 pm

DELEGATES WILL NOT BE ADMITTED AFTER 9:30AM

Venue: Endeavour Learning and Skills

Understanding and Identifying Risk in the Context of Domestic Abuse

27th April or 10th June 2021

Time: 9.30am – 1.30pm Venue: Endeavour

The Open University's Carers Scholarships Fund

The Open University's [Carers Scholarships Fund](#), which offers 10 successful applicants with funding to complete a full undergraduate qualification* of their choice, opens for applications from today. This year also sees the introduction of the [Carers Bursary](#) – a £250 award to support registered students with study costs.

Carers Scholarships Fund

The pandemic has seen a rise in people taking on the role of carer, with [Carers UK](#) reporting that 13.6 million people in the UK now care for a friend or family member. The tasks that carers perform can be unexpected and difficult to plan around; disrupting everyday life, from relationships and health to finances and work.

The practicalities of studying can also be challenging, with carers often feeling guilty about going to university or finding it difficult to commit to a timetable because of their responsibilities. The OU is the ideal place for carers to study, as it has an open access entry policy and a distance learning model that provides a flexible way to learn. In addition, registered carers have on-hand help with the OU's highly-skilled [Student Support Team](#), which has dedicated advisors that have been trained to understand the demands that carers may face.

The Carers Scholarships Fund is supported by [Carers Trust](#), [Carers UK](#) and [CareTech Foundation](#). To apply for the next cohort, with studies starting in Autumn 2021, please visit: <http://www.open.ac.uk/courses/fees-and-funding/carers-scholarship-fund>

Applications close at **midnight** on **21 August 2021**

*Full undergraduate qualification includes, CertHE, DipHE, Honours Degree, Foundation Degree or Open University Certificate. For further information, please visit <http://www.open.ac.uk/courses/types>



Manage your health, care and support needs with Connect to Support Hull

Connect to Support Hull is your local information and advice website for adults who need some additional help and support. It is packed full of useful links, information and advice for you and your loved ones to:

- Find out about different types of adult activities and social groups taking place across Hull.
- Find care providers, personal assistants and support to match your needs.
- Ideas and tips about how you and your loved ones can stay happy, healthy and fit
- Detailed information, advice and support so you can continue to live independently.

You will find comprehensive advice along with a community directory of self-help groups and activities to keep you active and connected in your community.

Get advice. Get support. Get Connected with Hull Connect to Support.

Visit www.hull.connecttosupport.org

Follow us and share

Twitter

@ConnecttoHull

Facebook

@connecttosuporthull



HULL
Connect to Support

Live your life. Take control.

Connecting you and your loved ones to a wide range of adult social care, information, advice and support.

For people in Hull aged 18 or over.

www.hull.connecttosupport.org

@connecttosuporthull
@ConnecttoHull

Hull City Council

Hull Connect to Support
Live your life. Take control.

The banner features a teal background with a row of stylized human figures in white and grey. A circular inset photo shows two women, one with blonde hair and one with brown hair, smiling and talking. The text is in white and yellow-green. Logos for Facebook, Twitter, Hull City Council, and the organization itself are at the bottom.

Carers Card Business's

We are excited to announce and share with you the latest two businesses to sign up and offer discounts to carers through the Carers Card discount scheme. We now have 60 businesses across the city offering discounts. If you have not already signed up for your carers card please give us a call today to arrange. 01482 222220.

Hair & Beauty

Beauty House LA

FAO /Louise

82 Greenwich Avenue

Kingston Upon Hull

HU9 4UY



Tel. 01482 374558

Brookes Menswear

51 King Edward St,

Hull

HU1 3RW

01482 589886



Carer Card

Name:

Reference no:



If found please call
01482 222220



We can collect and deliver your shopping for FREE!



Hull Churches Home From Hospital Service

Home from Hospital are still shopping, collecting prescriptions and telephone befriending for all our clients. They also go live on Facebook every Thursday for a sing along.

As the Government publish the key days for easing of national restrictions, they look forward to visiting their clients and starting new projects in their community room please keep an eye on their website, Facebook, and twitter:

www.hchfh.org.uk



Find us on Facebook: <https://www.facebook.com/homefromhospital>



Follow us on Twitter : <https://twitter.com/home>

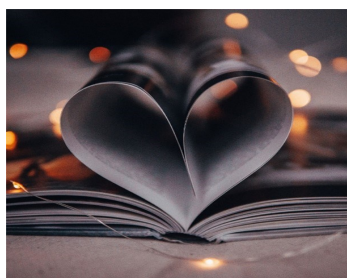
Hull Libraries – We Are Open!

So there's a light at the end of the tunnel and we're now opening our doors once more. We're always open online too. We've got stacks of [digital reading](#) options and hundreds of [online resources and reference works](#) to discover - all free to access with your library card.

Eight of our twelve libraries are open for you to '[Select & Collect](#)', browse the shelves, renew your bus pass and apply for parking permits and blue parking badges. All services are by appointment - [find out more here](#). If you're having trouble getting to a library we might be able to [deliver direct to your door](#). Give us a call on 01482 210 000, [send us an email](#) or [visit our website](#) for further information - we're here to help!

Hull Libraries offer loads of events and activities. You can find out more by [signing up for our free monthly newsletter](#)

Here's two of our great online activities:



Reading Friends: Read & Chat

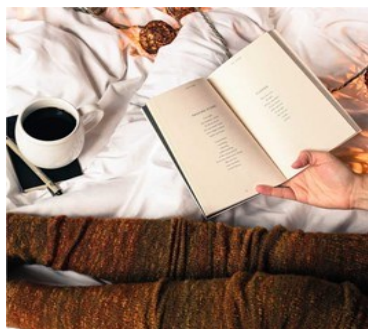
Every Wednesday

3pm - 4pm / Online / Adults

Brighten up your day! Do you enjoy listening to (and sharing) stories?

Make some Reading Friends and join the Library Link Team every Wednesday to share stories, poems and conversation.

To book your place ring: 01482 615 346 or email susie.kelly@hcandl.co.uk



Reading Friends: Poetry & Chat

Every Tuesday

11am - 12pm / Online / All welcome

Share poetry and conversation with the Library Link Team.

Money Matters



Income Support - for people on a low income.

You could be entitled to claim Income Support if you meet all of the following conditions:

- You must be 16 or over and under State Pension age.
- You must be in one of the limited categories of people who can claim Income Support (i.e., a carer).
- You must not be claiming Jobseeker's Allowance (JSA) or Employment and Support Allowance (ESA), and if you have a partner, they must not be claiming income-based JSA or income-related ESA.
- You (and any partner) must have income below your 'applicable amount' and must not have capital of over £16,000 (see below).
- You must not be in full-time education, although there are some exceptions to this.
- You must not normally be working 16 or more hours per week, and if you have a partner, they must not be working 24 or more hours per week, although there are some exceptions to this, one of which is specifically for carers.

You must meet the residence and presence conditions.

Income and capital

Income Support is a means-tested benefit which means it depends on your income (and any partner's) and capital. It works by topping up your income to your 'applicable amount'.

Your 'applicable amount' is worked out by adding your personal allowance to any relevant premiums.

The personal allowance for a single person over 25 is £74.70 per week and for a couple who are both over 18, it is £117.40 per week. There are other personal allowance amounts if you do not fit into one of these categories.

There are certain premiums that can be added onto your personal allowance such as:

the carer premium which is £37.70 per week. This can be included if you or your partner are receiving [Carer's Allowance](#) or the underlying entitlement to Carer's Allowance.

There are other premiums which can be included if you or your partner meet certain conditions.

Most income you (and any partner) receive is taken into account such as earnings (although generally the first £20 is disregarded); other benefits and tax credits; personal pensions etc. However some income is fully disregarded including [DLA](#); [PIP](#); [Attendance Allowance](#); Child Benefit and any Child Maintenance you receive.

If you (and any partner) have capital (not including the home you live in) of over £6,000, £1 per week is taken into account as income for every £250 (or part of £250) you have over £6,000. This is called 'tariff income'. If you have over £16,000 in capital, then you will not be entitled to Income Support.

Example

Adriana is a single carer over 25 who receives Carer's Allowance and has £10,000 in capital.

Her 'Applicable amount' is made up of a: personal allowance (£74.70) + a carer premium of (£37.70) = £112.40 per week.

Adriana's income is: Carer's Allowance (£67.60 per week) + 'tariff income' from her capital (£16) = £83.60 per week.

'Applicable amount' (£112.40) – income (£83.60) = £28.80 per week Income Support that can be paid.

Useful numbers:

Carers Information & Support Service	Tel: 01482 222220
Young Carers Project	Tel: 01482 300304
Out of Hours Call Centre	Tel: 01482 300 304
West Long Term Support Team	Tel: 01482 572911
East Long Term Support Team	Tel: 01482 822819
Community Team Learning Disability	Tel: 01482 303733
Disability Services (Occupational Therapy)	Tel: 01482 318700
Disability Services (Sensory Impairment)	Tel: 01482 318700
Continuing Health Care (CHC) Team	Tel: 01482 335511
Dementia Academy	Email: Dementia.academy@hullcc.gov.uk
Direct Payments	Tel: 01482 616 057
Drug and Alcohol Team	Tel: 01482 300 300
Fairer Charging Team	Tel: 01482 300 300
Independent Mental Capacity Advocate Service	All queries to be routed through Safeguarding Tel: 01482 616092 Cloverleaf Tel: 01724 854952
Safeguarding Adults Team	Brunswick House Strand Close Hull City Council Kingston Upon Hull HU2 9DBTel: 01482 616092 Email: SocialServicesSafeguardingServiceAdults@hullcc.gov.uk
Tim Fincham—Benefit Advisor Age UK	01482 324644
East Riding Carers Service	01482 396500 0800 9176844
Early Help Children's Services	01482 300300
Hull churches Home From Hospital	01482 447673

Virtual Appointments

Are you too busy to attend face to face appointment or unable to leave your loved one? Would still like to see a friendly face, you can now access us using these 3 easy steps.



The image shows a smartphone displaying the chcp website. The screen content includes the chcp logo, the Carers' Information & Support Service logo, and the following text:

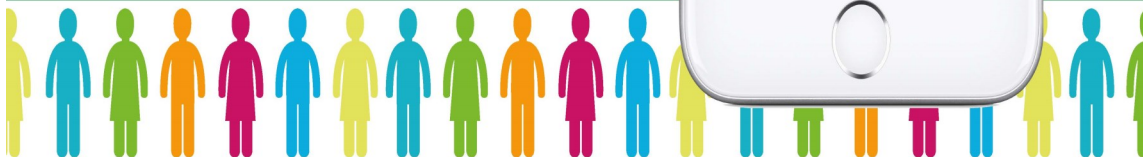
Its never been so easy to access a member of the CISS team! We are now offering virtual appointments.

For more information call 01482 222220

You only need to follow these 3 easy steps to get connected:

1. Call 01482 222220 and we will book your Livi appointment
2. When it's time for your appointment, you'll get a text
3. Follow the link in the text to start your video appointment

For more information call 01482 222220



chcpcic.org.uk/chcp-services/carers