



Carers'  
Information  
& Support  
Service

# CISS Newsletter



CARERS NEWSLETTER

August 2021

**Welcome to the 3rd edition of the Carers Information & Support Service newsletter. We hope that this keeps you up to date with all things carer across the city.**

### **Carers Training Week 20th—25th September 2021**

We are really pleased to announce our plans to host a week long event of training sessions to support you in your individual caring roles. We are in the process of finalising the training timetable which will allow you to choose which training you would like to attend. Please keep an eye out on our social media pages for further information or alternatively give the service a call and one of the team will be more than happy to talk more to you about the training available.

### **Virtual World**

Would you benefit from accessing a virtual world? This could be things such as, online training, connecting with family members and friends or even accessing sites that can support you in your caring role. Did you know that CISS have tablets available for loan to unpaid carers. As part of our ongoing offer of support you can access these via one of our team of Care Support Workers.

### **PPE**

If you or someone you know provide care for a family member, your partner or a friend you may be entitled to receive free PPE.

From Monday 8<sup>th</sup> August our PPE collection site at Calvert Medical Centre will be moving to:

Home From Hospital

Lindsey Place

Hull, HU4 6BS

Tel: 01482 447673



**Carers' Information & Support Service**

**The Calvert Centre, 110a Calvert Lane, HULL, HU4 6BH**

**01482 22220 [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)**

## Your voice matters.....

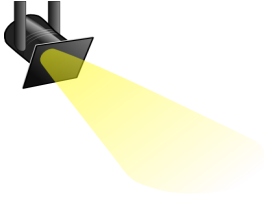
### Carers Partnership Board Hull

As a Carer, you are an 'expert' through your 'lived experience' of caring and should be able to have a say in services, policies and decisions that affect you and the people that you care for. We call this the 'Carers Voice'. The Carers Partnership Board in Hull want to ensure carers are involved in decisions at every level. From helping us to decide how services should use their time and resources to best meet your needs and those of other carers, to looking at how effective services are in what they do.

The Carers Partnership Board want the independent voice of carers. Its vision is to ensure that unpaid carers throughout Hull are valued, recognised and supported with equal access to a good quality of life that is not prejudiced by their caring role. Together, we are working to improve the health and wellbeing of all carers in Hull through partnership working to ensure that the voice of carers is heard and listened to. Enabling support and services to be designed and delivered that reflect carers' needs and interests.

We encourage all services to work in co-production which means 'delivering public services in an equal and reciprocal relationship between professionals, people using services, their families and their neighbours'.





**Person in the spotlight— Andrew Burnell Chief Executive City Health Care Partnership**

As the Group Chief Executive I and CHCP CIC are fully committed to the ongoing support for those who undertake carers roles. Below you will see some facts and figures that demonstrate not just the worth but also the value, care and dedication these individuals bring to wider society. It goes without saying that without their commitment our health and care system would be in a very different and challenging place to work within. It was a great addition to our portfolio of services many years ago when we managed to secure the carers service contract, the teams since this time have worked tirelessly in making sure the offer is both accessible and adaptable - thank you the work is so important.

**Unpaid caring – the figures..**

Everyday an extra 6,000 people take on a caring role, this equates to over 2 million people a year!!!

Caring does not discriminate against gender with 58% of carers being women and a further a 42% of carers being men, anyone can become a carer at any time and it's very likely that we will all have some caring responsibilities in our own lifetime.

**Would you work 35 hours a week for £67.25?**

Unpaid carers in receipt of Carers Allowance do, often supporting and caring for their loved ones with no training or induction, no instruction manual and no colleagues to step in to lend a hand or advise of were support is available.

These unpaid carers save the economy 132 billion pound per year!!! Quite often these carers do not see themselves as a carer, particularly when providing a caring role for a family member or friend.

CHCP's Carers Information & Support Service is really passionate that unpaid carers are recognised and able to access support in their own right.

Through the development of a Carers Champion Training Session we are really focussed on:

- raising awareness of unpaid carer's.
- how to refer unpaid carers for a carers assessment,
- support available to unpaid carers,

**I hope we can continue to keep supporting and being a champion for our carers.**

## Wellbeing Zone — Keeping Active & Well



Finding the time, money or energy to get active can be hard at the best of times. Now it feels more important than ever to look after ourselves.

The simple message is that physical activity delivers immediate mental health and social benefits and has a long-term positive impact on our physical health.

There are lots of simple and free ways to become more active and these activities can be fitted into your day, as and when you get the chance, alongside your caring.

Don't feel guilty if you don't have much time to dedicate to yourself at the moment or if you're not able to follow your usual activity routine. Every minute counts - doing some physical activity is good, but if you can take part in more that's even better.

### **Here are six ideas for getting active whilst staying at home or nearby:**

- 1) Popular trainers like Joe Wicks (The Body Coach), Yoga with Adriene or The Girl with the Pilates Mat have YouTube channels with a variety of videos available to play for free at any time that suits you.
- 2) Keeping fit doesn't mean you have to use expensive equipment. Items you have around the home already, such as tins of beans, can be used as weights. The BBC Tea Time Toning plan is an exercise plan you can follow to increase strength in your arms by weight training with items you have in the cupboard.
- 3) Strength and balance activities can be particularly beneficial for older people to prevent falls. 10 Today have created a series of 10 minute audio files with enjoyable and easy routines involving gentle stretching and moving exercises. You can listen to the audio clips on the 10 Today website.
- 4) Even a short walk every day can make a big difference to your mental and physical health, especially if you use the time to listen to a podcast or audio book that you find relaxing.
- 5) Gentle chair-based activities can be a good option for people who need something home-based. The NHS page on sitting exercises has pictures and easy to follow instructions. These can be viewed online or downloaded which makes it great for beginners.
- 6) If you have a long-term condition or disability, We Are Undefeatable has suggestions for how you can adapt activities to suit you and prevent you aggravating your condition. Organisations such as MS Society, Diabetes UK and Parkinsons UK have also developed condition-specific advice which can be accessed on their websites. You may also find these resources useful if you want to get active with the person you care for.

There are lots more ideas on the Join the movement website and you can share your own activity ideas with us on social media by tagging @CarersUK and using #JoinTheMovement

# EMPOWER

CHRONIC DISEASE SELF-MANAGEMENT

## EMPOWER

**Do you live with a long term health condition or support someone living with a long term health condition?**

“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 course commences on Tuesday 7<sup>th</sup> September 6pm-8.30pm.

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 [chcp.volunteerhub@nhs.net](mailto:chcp.volunteerhub@nhs.net).



## Hull Young Carers Project

The Young Carers Project is delivered by Hull Youth Development Service and is part of the Early Help offer for Children, Young People and Families.

### What we do....

The aim of the project is to offer tailored support and a variety of wider opportunities for young people with a caring responsibility aged 5-18 years. The offer can include:

- An assessment to identify need and a suitable support plan
- One-to-one support, information, advice and guidance
- Weekly peer support groups
- A trusted adult/youth worker to advocate on behalf of a young carer
- Opportunity to become involved in the Young Carer led forum to shape future support for Young Carers in the City

The young carers project and youth work teams have adopted a variety of approaches during the Pandemic restrictions to ensure that support for young carers is available in a way that meets their needs either through regular telephone check in call's, on-line sessions, weekly face to face peer support group work or the opportunity to meet for a walk and talk.

To provide some fun during these difficult times, youth workers created some pottery workshops within the weekly Young Carers support sessions. The resources of clay and other materials were provided at the sessions or we could arrange for a pottery pack to be dropped off at the young carers home if they couldn't attend the Youth Centre. Young people were then connected with demonstration videos, which they could also access via YouTube.

The theme was 'spring' and young people chose to make flower sculptures and mini-beast gardens modelled out of clay. Their work was then collected and professionally fired by a local potter. Working with clay proved to be quite challenging and intricate work but all the young people were able to learn new skills and create their own works of art.

Some of the young people had not worked with clay before but they demonstrated patience and persistence which resulted in a piece they were proud of.

This experience also offered a young person and their parent the opportunity to work together on a sculpture, spending quality time together doing something that they found therapeutic and fun.



## Young Carers Grant.

The 2001 census shows that there were 176,000 young carers in the UK, 1000 of which were from Hull. Young carers may be carrying out significant or substantial caring tasks and assuming a level of responsibility which is inappropriate to their age. Caring tasks can involve physical or emotional care, or taking responsibility for someone's safety or well-being. There are funds that young carers can apply for.



**We know that caring for someone is a big commitment. It can often mean a young person puts their own needs last and their wellbeing takes a hit.**

NHS Hull Clinical Commissioning Group and Hull City Council in partnership with KIDS Charity provide grants for individual Young People who provide care, assistance or support to another family member who may have a long term illness, disability, mental health difficulties or problems with drug or alcohol misuse.

The Young Carers Wellbeing grant supports young carers aged between 5 and 17 (up to their 18th birthday) who live in Hull. The Grant widens opportunities for young carers to explore their own interests and hobbies and improve their overall wellbeing. An application can be supported through the Hull City Council's Young Carer Project or any professional that is aware of the young person's caring responsibilities for example a teacher or health professional. A Young Carer can apply for a grant up to £300 to support an existing interest, a new hobby or buy a piece of equipment.

A young carer and their supporting professional can gain further information about The Young Carers Wellbeing Grant by going to:

**[hull.mylocaloffer.org](http://hull.mylocaloffer.org) and search: Young Carers Wellbeing Grants.**

The Young Carers Grant Administrator can also support any queries via email: [Hullwellbeing@kids.org.uk](mailto:Hullwellbeing@kids.org.uk) or telephone on : 01482 467 540

In partnership with



## Veterans Community Hub Hull



### Veterans Carer Support

Hi, I would like to introduce myself, my name is Jo Atkinson, (Army wife of 22 years) I am the Family and Carer Support Officer at the Hub, this is a new position and I have been in post since November.

The Hub can offer so much to Veterans and their carers/families:

- Advice and referrals to relevant organisations
- Coffee Morning – meet likeminded people, quite a few carers and cared for attend this
- Clubs – Photography, Choir, Walking and Modelling (fully inclusive)
- Wellbeing/Exercise sessions, for all abilities
- Employment and Training Support, for the whole family
- Some new and exciting projects in the pipeline for the Autumn

All of our services are free, If you would like more information, support or advice please contact me on:

01482 485958, 07712321429, [jatkinson@goodwintrust.org](mailto:jatkinson@goodwintrust.org) Facebook  
[@veteranscommunityhubhull](https://www.facebook.com/veteranscommunityhubhull)



Coffee Morning, it will be inside after 19<sup>th</sup>, with no restrictions on numbers!



We are pleased to announce that our CISS parent carer coffee morning is back up and running, we want to welcome back our attendees prior to covid and anyone new that would like to join us. We are friendly group offering great peer support.

**chcp**  
Excellence • Compassion • Expertise



## Parent Carers Coffee Morning

If you are a parent carer of a child with additional needs please pop along to our coffee morning.

A member of our team will be hosting a monthly coffee morning and will be available to offer information and advice around any additional caring you might be doing.

We plan for this to be a relaxed group and inclusive of all offering a great support network for those who attend.

For more information please contact CISS on 01482 222220 or [CHCP.carersinfo@nhs.net](mailto:CHCP.carersinfo@nhs.net)

10.30am - 12pm

Last Tuesday of the month at Special Stars Foundation

171 High Street, Hull, HU1 1NE



### AH Monthly Support Group's

**Special Stars Foundation**

**Daytime Support Meeting**

**171 High Street, Hull, HU1 1NE**

**From September 2021**

**10:00am till 12:00pm (2nd Wednesday in every month)**

**Active+**

**Evening Support Meeting**

**Harpings Road, National Ave,**

**Hull, HU5 4JF**

**From July 20th 2021**

**7:00pm till 9:00pm (3rd Tuesday in every month)**



**chcp**



**Carers' Information & Support Service**

### Butterflies Memory Loss Support Group.

The Butterflies Memory Loss Support Group are back up and running at three venues Hull City Centre, Hallgate Methodist Church and the weekly men's luncheon club in East Hull. Check our Facebook page for more details or give contact us on 07821519212 [butterfliesmlsg@yahoo.co.uk](mailto:butterfliesmlsg@yahoo.co.uk).

They will also be holding more carer training sessions over the coming weeks, both face to face and via Zoom. Contact us for more details



### Lets Talk

Let's Talk is available for all patients 18 years and above with a registered Hull GP. They can see you in various ways, such as telephone, video or face to face. To refer yourself please complete their online referral form via our website <https://www.letstalkhull.co.uk/pages/make-a-referral> or by calling 01482 247111.

## The Warren

The Warren's Food Initiative: 'Scran' focuses on cooking on a budget, life skills, building confidence in the kitchen and developing employability skills. This project can also be tailored to individual needs (e.g. making a food parcel feed a family, making cheap healthy baby food etc). Participants can also gain their level 2 food hygiene qualification for free if they choose to.

To take part in this project, young people need to be:

- Aged 15-29,
- Living in a HU1-HU9 Postcode,
- Not in education or employment.

They also provide free food parcels for any young person who needs them, in addition to the general Employment support which Achieve offers.

DREAM IT, BELIEVE IT, ACHIEVE IT  
**ACHIEVE PROJECT**

**The Warren YOUTH PROJECT**  
ESTD. 1993  
FOR YOUNG PEOPLE

★ **SCRAN!** ★

**DO YOU FEEL CONFIDENT IN THE KITCHEN?  
CAN YOU MAKE YOUR MONEY LAST THE MONTH?**

SCRANTASTIC! DOES JUST THAT: TEACHING YOU FUN, PRACTICAL AND INTERACTIVE LIFE SKILLS,  
SUCH AS COOKING ON A BUDGET, FEEDING YOUR FAMILY AND GROWING YOUR CONFIDENCE.

WE ALSO OFFER FREE, FUNDED FOOD SAFETY AND HYGIENE LEVEL 2 COURSES TO HELP YOU GET AHEAD!

**FREE LEVEL 2 COURSES**

**01482 218115**  
**CARRIE@THEWARREN.ORG**

FACEBOOK/ACHIEVESKILLSFORLIFE

Humber Learning Consortium  
European Union  
European Social Fund  
COMMUNITY FUND

Humber Learning Consortium is the lead partner for the Springboard Hull and Humber partnership project, providing specialist support and training for young people to access work and learning. This activity is part financed by the European Union through the European Social Fund and the Youth Employment Initiative and This-Ability on behalf of The National Lottery Community Fund.

## Age UK

Fabulous to see Age UK back out and about across the community offering a wide range of social groups.



# Social Groups

***We are pleased to announce a number of new social groups starting early July 2021!***

- **Every Monday:** 'Bee Social' (from 5<sup>th</sup> July)  
1.30pm – 3.30pm  
Springhead Golf Club, Willerby Road, HU5 5JE
- **Every Tuesday:** 'Chinwag Tuesday' (from 6<sup>th</sup> July)  
9.30am – 11.30am  
Springhead Golf Club, Willerby Road, HU5 5JE
- **Every Wednesday:** 'VillAGE People'\* (from 7<sup>th</sup> July)  
9.30am – 11.30am  
The Club House Community Centre, Elm Avenue  
Garden Village Hall, HU8 8PZ
- **Every Thursday:** 'Stitch in Time' (from 8<sup>th</sup> July)  
Craft Session\*  
9.30am – 11.30am  
Springhead Golf Club, Willerby Road, HU5 5JE
- **Every Thursday:** 'The Brunch Bunch'\* (from 8<sup>th</sup> July)  
9.30am – 11.30am  
Anlaby Park Community Library, The Greenway, HU4 6XH

For more information and to book a place, get in touch:

**01482 324644**

**hello@ageukhull.org.uk**

**www.ageuk.org.uk/hull**

*\*Please note there is a small charge of £3 for these groups*

Age UK Hull is a registered charity number 1101418 and a company limited by guarantee. Registered in England company number 04792749. Registered office: Age UK Hull, Silvester House, Silvester Street, The Maltings, Hull HU1 3HA



## Proud to Care Hull

We are pleased to announce the Proud to Care Hull website is now live!

Proud to Care Hull is a local website to promote recruitment in the social care sector in Hull.

Working in partnership with Hull City Council and local providers, Proud to Care Hull is the place to find social care vacancies in Hull. It also has information on how to get a job in the care sector, training and education opportunities and real-life stories of people working in social care in Hull.

There are many rewarding jobs and career opportunities in adult social care and Proud to Care Hull is now the place to find these opportunities – come visit us [www.proudtocarehull.co.uk](http://www.proudtocarehull.co.uk)

## Are you looking for a care job in Hull?



### A care job with ...

- Flexible working hours to suit you
- Excellent training and support
- Variety of caring roles to choose from

Compassionate, caring and committed people from all backgrounds are needed to answer the call and become care workers. *Have you got what it takes?*

To apply and to find out more visit

[www.proudtocarehull.co.uk](http://www.proudtocarehull.co.uk)

a partnership between Hull City Council and local care providers

Proud to Care  
HULL





## 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](http://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.





**pfh**  
PICKERING & FERENS HOMES

**PROMOTING  
INDEPENDENT  
LIVING IN LATER LIFE**

Pickering and Ferens Homes is a Registered Social Housing Provider, a registered charity (No 1014862) and a member of the National Almshouse Association.

They own and manage nearly 1400 properties, located within Kingston-upon-Hull and the East Riding of Yorkshire.

Their housing is designed to meet the requirements of people over the age of 60. However depending on the scheme, the age requirement may be 50 and over.

They are having some open days so people can look at the retirement living plus schemes before they decide to move in.

16<sup>th</sup> September between 1 and 3, Humber View – Victoria Dock

24<sup>th</sup> September between 1 and 3, Broadway Manor – Holderness Road

21<sup>st</sup> October between 1 and 3, Ada Holmes Circle – Greenwood Ave

9<sup>th</sup> December between 1 and 3, Malin Lodge - Maybury road

For more information please contact:

Pickering and Ferens Homes  
Silvester House  
The Maltings  
Silvester Street  
Hull  
HU1 3HA

Telephone: 01482 223783

**Reception: 01482 223783**



### **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](mailto:Learninganddevelopment@hullcc.gov.uk)

**External to Hull City Council: Complete an Application Form and Return to:**

**Learning & Development, 2<sup>nd</sup> Floor, Endeavour Learning & Skills, Beverley Road, Hull, HU3 1UR or email [learninganddevelopment@hullcc.gov.uk](mailto:learninganddevelopment@hullcc.gov.uk)**



## 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](http://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](http://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 image shows two women, one in a grey sweater and one in a white lab coat, smiling and talking. The text is in white and yellow-green.



# Carer Card

Name: .....

Reference no: .....



If found please call  
01482 222220



We are excited to announce and share with you the latest two business's to sign up and offer discounts to carers through the Carers Card discount scheme. We now have 60 business's across the city offering discounts. If you have not already signed up for your carers card or you would like more information on other business's offering a discount please give us a call today on: 01482 222220.



## Money Matters - Power Of Attorney.



**The person I look after can currently make their own decisions but wants help managing their money.....**

### **Appointee**

If the person you look after needs help to manage their benefits and there is not already a lasting power of attorney in place, you could apply to be their appointee

This means that you become responsible for making and maintaining any benefit claims on behalf of the person you look after.

For more information on appointees you can visit the gov.uk website.

### **Third party agreement (mandate)**

If the person you look after wants help managing their bank account then they could make a third party mandate with their bank. This means that they name a specific person (for example you as their carer), and this gives you the authority to manage the bank account. You should speak to the bank of the person you look after to request a third party mandate arrangement.

### **Ordinary power of attorney**

If the person you look after wants help managing their bank account **and** other financial affairs then they could grant an ordinary power of attorney to a specific person (for example you as their carer). This means that the specific person has the authority to deal with any financial affairs specified in the ordinary power of attorney. If the person you look after wants to grant an ordinary power of attorney they could contact a local advice centre to see if they can help or they could contact a legal adviser.

### **Lasting power of attorney**

If the person you look after is 18+ and wants help managing their bank account and other financial affairs, both now and if they are unable to make decisions in the future, then they could grant a lasting power of attorney for property and financial affairs to a specific person (for example you as their carer). This means that the specific person has the authority to deal with any financial affairs which the lasting power of attorney specifies. This can be used as soon as it is registered, and can continue to be used if the person you look after becomes unable to make their own decisions (so if they lack mental capacity). See below for some further information on lasting power of attorneys.

## Teasers and Puzzles!

We have decided to add something to get your mind ticking !!!! How many can you work out?

1 = W on a U .....

7 = W of the W .....

88 = K on a P .....

18 = H on a G C .....

12 = D of C .....

24 = H in a D .....

13 = L in a B D .....

90 = D in a R A .....

365 = D in a Y .....

21 = S on a D .....

12 = S of the Z .....

64 = S on a C B .....

What are these hobbies? Re-arrange the letters to find out!

MANY + ROOST =

GAIN + PINT =

HAPPY + ROT + HOG =

DRAB + ITCH + WING =

TINT + KING =

SHED + GRIN + RIO =

(Answers on page 23)

## 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: <a href="mailto:Dementia.academy@hullcc.gov.uk">Dementia.academy@hullcc.gov.uk</a>   |
| 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<br>Tel: 01482 616092<br>Cloverleaf<br>Tel: 01724 854952   |
| Safeguarding Adults Team                     | Brunswick House<br>Strand Close<br>Hull City Council<br>Kingston Upon Hull<br>HU2 9DBTel: 01482 616092<br>Email: <a href="mailto:SocialServicesSafeguardingServiceAdults@hullcc.gov.uk">SocialServicesSafeguardingServiceAdults@hullcc.gov.uk</a> |
| 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.



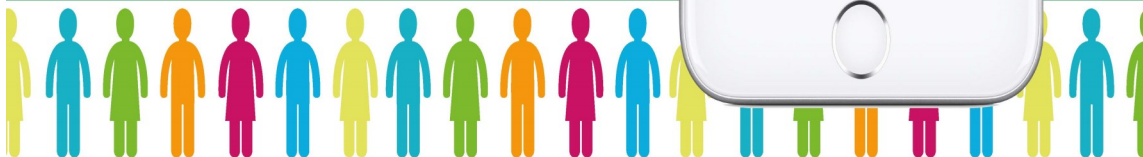
The image shows a smartphone displaying the chcp website. The phone screen has a green header with the 'chcp' logo and the 'Carers' Information & Support Service' logo. Below the header, the text reads: 'You only need to follow these 3 easy steps to get connected:'. The steps are: 1. Call 01482 222220 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. At the bottom of the screen, it says 'For more information call 01482 222220'.

chcp



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



[chcpcic.org.uk/chcp-services/carers](http://chcpcic.org.uk/chcp-services/carers)

chcp



Carers' Information & Support Service

## Teasers and puzzles Answers:

- 1 wheel on a unicycle
- 7 wonders of the world
- 88 keys on a piano
- 18 holes on a golf course
- 12 days of Christmas
- 24 hours in a day
- 13 loaves in a baker's dozen
- 90 degrees in a right angle
- 365 days in a year
- 21 spots on a dice
- 12 signs of the zodiac
- 64 squares on a chess board

## Hobbies

- Astronomy
- Painting
- Photography
- Bird watching
- Knitting
- Horse riding

How did you do???? Let us know what quizzes you would like to feature.

