



Carers' Information & Support Service

CISS Newsletter



CARERS NEWSLETTER

December 2021

Welcome to the 4th edition of the Carers Information & Support Service newsletter keeping you up to date with all things carer across the city. The CISS Team would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year.

We are absolutely delighted to announce that we now have two 'GET EM ONSIDE' Rugby groups for men to attend to talk all things rugby, watch a match, have a quiz and a great natter about all things Rugby League.

Our first meeting was on the 25th of November at West Hull Rugby League club, and this will run fortnightly from now on.

There is another group running from the 2nd of December at the Crooked Billet, and then every fortnight after that too.

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ALL THINGS RUGBY
GET EM ONSIDE
FREE
Starts Thursday 25 November
11am to 2pm
West Hull Rugby League Club
Every fortnight

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Share memories, make friends and chat all things rugby
FREE
Starts Thursday 25 November
11am to 2pm
West Hull Rugby League Club
Every fortnight
GET EM ONSIDE

Carers' Information & Support Service

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

01482 22220 chcp.carersinfo@nhs.net

We're finally getting back out there

It is welcoming times, now that the CISS service can get back out into the communities to promote our services. We have been present at Humber Bridge parkrun and will be attending the Hull parkrun (East Park) and Peterpan parkrun (Costello) in the future to raise awareness of the support available to unpaid carers and how to access it.

We also attending OPPG (Older People's Partnership Group) event at Guildhall, not only during the day but at the Talent night on the Thursday evening too. We also thoroughly enjoyed attending the East Riding Carers Day at Tickton Grange.



Cuppa's with a Carer

A warm welcome awaits all carer's at Lindsey Place to join us for a cuppa and a chat. If you would like to know more please contact Lisa at CISS on 01482 222220.

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Excellence • Compassion • Expertise



Carers'
Information
& Support
Service

Cuppa's with a Carer

Need a break from your caring role?

Home from Hospital
Lindsey Place
HULL, HU4 6BS

Monthly on a Monday between
10am-12noon

Tea/Coffee and
biscuits included

For more information contact

01482 222220

or text CARER to 61825

chcpcic.org.uk



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Carers'
Information
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Butterflies

Memory Loss Support Group

The Club House Community Centre - Elm Ave Garden Village HU8 8PZ
10.30 – 1.30 £5.50 per person

November:
Tuesday 30th



December:
Tuesday 7th
Tuesday 14th

CLOSED Tuesday 21st and Tuesday 28th

Butterflies Purple Emperors

Memory Loss Support Group

This is our new group for carers who have lost their loved one or they have now moved into residential care.

1st Wednesday of the month
1pm - 2:30pm
£2.50 per person

3rd Floor Stonefield House
16 - 20 King Edward Street
Hull
HU1 3SS

Tel: 07821519212

Email: butterfliesmlsg@yahoo.co.uk



KEEPING FIT AT HOME -10 MINUTE LIVING ROOM WORKOUT

Exercise is important for mind and body, finding something you are able to do and enjoy can help you improve your health and wellbeing. **If you are new to exercise and have any concerns please have a chat with your GP.**



WARM UP 2 minutes

- Walking on the spot—move arms and legs
- Gentle shoulder rolls
- Swing arms over your head backwards and forwards
- Swings hips one way then the other
- Ankle roll one way than the other

EXERCISES - One Minute each followed by 15 seconds walking on the spot.

- Punches with legs should width apart, elbows tucked in and then punch in front of your body with both hands. Punch across your body. Repeat this as many times as you can within the minute.
- **Walk on the Spot**
- Squats—bend the knees in a sitting motion to 90 degrees if possible, then come beck up. Repeat this as many times as you can within the minute.
- **Walk on the Spot**
- Jumping Jacks - Feet together and arms at your side and then do a star jump. Repeat this as many times as you can within the minute.
- **Walk on the Spot**
- High Knees—Similar to walking on the spot but lift your knees higher. Repeat this as many times as you can within the minute.
- **Walk on the Spot**
- Sit ups - Lying on the floor bent knees, hands across the chest and gently come up.
- **Walk on the Spot**

COOL DOWN 2 MINUTES

- Stretch Hamstrings - Lean forwards and try to touch the floor
- Have a good stretch
- Shake it out—give your arms legs a good shake!

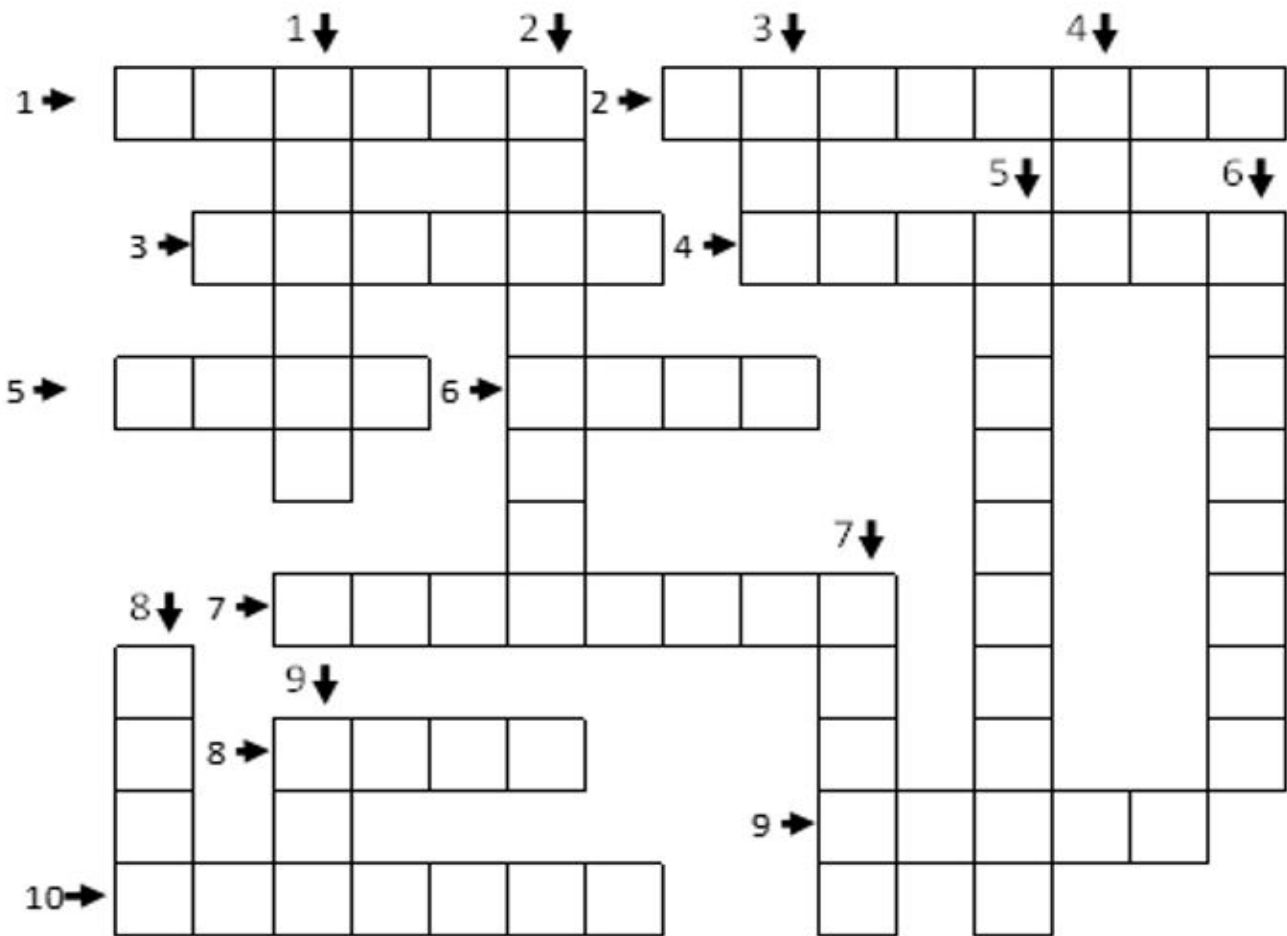
If the exercises are too easy then you could do them for a longer period.

If the exercises are too hard then cut down the time you perform the exercise.

THE LINK FOR THIS FULL WORKOUT IS AT <https://www.youtube.com/watch?v=O5YX5xg8Seg>

Play your favourite music whilst you exercise.

Crossword Puzzle



Clues for ACROSS →

- 1 The longest river in the UK
- 2 The eleventh month of the year
- 3 Wotsits are a type of these!
- 4 Scandinavian country
- 5 You might need to scratch one!
- 6 'The ... King', Disney film
- 7 English county with one border
- 8 Sometimes found in a garden!
- 9 Has a demigod friend called Maui
- 10 A six sided flat shape

Clues for DOWN ↓

- 1 Miss Salt, Spoilt girl in Charlie and the Chocolate Factory
- 2 First Emperor of France
- 3 One and five are this type of number
- 4 The noise a sheep makes!
- 5 An island ... or an animated film!
- 6 A jumpy animal!
- 7 Woolly animal from South America
- 8 Who the Spoon ran away with!
- 9 Number of wives Henry VIII had

Lonely people are often the most at risk of telephone and postal fraud. When visiting family members keep an eye out for an unusual amount of junk mail or phone calls as it might be a sign that they are being taken advantage of. Visit <http://saynotofraud.uk/> for more information



TAKE FIVE TO TALK TO THOSE WHO ARE ALONE

Lonely people can often be the most vulnerable to fraud.

#SAYNOTOFRAUD



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.

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

Carers need care too.
It's OK to feel anxious, worried, stressed or down.

Let's Talk

letstalkhull.co.uk | 01482 247111

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01482 585230

07942 175 007

www.ywyw.co.uk

advice@ywyw.co.uk




 BOOK YOUR CHRISTMAS LUNCH AT [Unity Cafe](#) 

Christmas is going to be here before you know it and this year it's going to be better than ever.

The team at Unity Cafe have been working on a delicious Christmas Lunch menu to help you, your friends, family or colleagues kick start the celebrations in style.

Christmas Lunches will be served between 11.30am - 2pm on
Tuesdays 7th, 14th & 21st December
Thursdays 9th & 16th December

 Reserve your table today 07849 198728

The Orchard Centre, 210 Orchard Park Rd, Hull HU6 9BX



SERVED BETWEEN 11.30AM - 2PM

Tuesday 7th, 14th + 21st December
Thursday 9th + 16th December

1 course - £7.00 pp
2 courses - £8.50 pp
3 courses - £10.00 pp

All prices include a tea, coffee or bottle of water

CALL TO BOOK A TABLE
07849198728



AGE UK

Age UK Older people are prone to experiencing loneliness as they get older, and the 18 months will have made this even more of a problem. Lets try and reduce loneliness in older people this this Autumn

Our Telephone Befriending Service is helping to make a difference, if you think you could also make a difference get in touch for more information or an application pack 01482 324644 or hello@ageukhull.org.uk



Volunteer Befrienders Needed



Talk, laugh and make a difference in your community

Our Volunteer Befrienders provide regular friendship visits or telephone calls with the aim of reducing the feelings of social isolation and loneliness.

For more information on becoming a Volunteer Befriender, contact the Befriending Team:

Age UK Hull, Silvester House, Silvester Street, The Maltings, Hull HU1 3HA

01482 324644

hello@ageukhull.org.uk

www.ageuk.org.uk/hull

Adult Service

Free Support for 6 weeks

- Assist with Shopping
- Changing Anti-embolism Stockings
- Assist with Welfare Rights/Grant Applications
- Support with Practical Issues e.g Keysafe, Lifeline
- Help to Access Delivery of Hot Meals
- Help to Access Transport
- Befriending and Listening to those lonely and isolated

Carers Support Service

Free Support for People Caring for Someone with a Chronic, Life-limiting Illness

- Assist with Welfare Rights/Grant Applications
- Promoting Registration as a Carer
- Routine, Weekly Sitting Service (for Carers to have their own time away from the home)
- Support to Access a Variety of Resources to Maximise and Assist the Caring Role

Great Moves—A fun, interactive chair based exercise class which has many benefits including; reducing stress and improving balance and stability.

(more venues across the city)

Headlight—Welcoming isolated clients to build confidence, make new friends and share interests.

Home from Hospital Service
Guide to Our Support Services
on Your Discharge from Hospital

Home from Hospital
Lindsey Place
Hull HU4 6BS

HOW CAN WE HELP?

Tel: 01482 447673

HULL CHURCHES HOME FROM HOSPITAL SERVICE

Revive—For individuals displaying signs of fatigue to their long-term mental health and wellbeing due to the pandemic precautions.

Craftwell—A craft group for all abilities, come along, get creative!

Pop in—A social group pop in session. Meet friends old and new, learn new skills, enjoy a singalong!



ARMED FORCES
COMMUNITY HUB HULL
ROYAL NAVY + ARMY + ROYAL AIR FORCE
RESERVISTS

HULL4HEROES
SUPPORTING THOSE WHO HAVE SERVED

Tea Time Social

Every Thursday 5:30-7:30pm

Evening Meal £3

Snooker

Darts

Bar

Coffee Shop

Springhead Golf Club, Willerby Rd, HU5 5JE



Christmas Crafting

Hull Minster, Trinity Square

Starting Thursday 11th November

FREE for 4 weeks

We are making wreaths,
Elves, Baubles, Glass Painting
and much more.

First week 12-2pm

Then 10-12

Armed Forces Community,
veterans, families and carers



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Carers' Information & Support Service

Where you can find us.....

We continue to increase our support out in the community, also offering the option of late night and weekend appointments. We 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.

We have increased our access and added more appointments so carers will receive an appointment within 48hrs for point of contacting the service

Carers can also access an online assessment through Hull City Councils Connect to Support website www.hull.connecttosupport.org

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Carers' Information & Support Service

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

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Carers' Information & Support Service

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

chcpic.org.uk/chcp-services/carers



Carers' Information & Support Service

Crossword Answers

Crossword Puzzle –

Answers for Across

1. Severn
2. November
3. Crisps
4. Denmark
5. Itch
6. Lion
7. Cornwall
8. Shed
9. Moana
10. Hexagon

Answers for Down

1. Veruca
2. Napoleon
3. Odd
4. Baa
5. Madagascar
6. Kangaroo
7. Llama

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