



Carers'  
Information  
& Support  
Service

# CISS Newsletter



CARERS NEWSLETTER

Spring 2022

**Welcome to the 5th edition of the Carers Information & Support Service newsletter keeping you up to date with all things carer across the city.**

chcp

## Coming Soon Carers Week

7th – 13 June 2022

Carers Information & Support Service  
are available to help, please contact us on  
01482 222220 or [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)



Carers'  
Information  
& Support  
Service

An unpaid carer is someone  
who provides free support to a  
family member, friend or child  
with additional needs.  
We are available for support.



**Carers' Information & Support Service**  
**The Calvert Centre, 110a Calvert Lane, HULL, HU4 6BH**  
**01482 222220 [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)**

### How to use relaxation exercises:

You can use relaxation techniques regularly or every once in a while. Do whatever feels right for you.

Try and make some time in your day to try these exercises. Don't treat relaxing like a task that needs to be completed. Try to think of it as giving yourself some time and space.

Find somewhere quiet and comfortable where you won't be interrupted, if you can.

Try to make sure your surroundings are the right temperature. It can be hard to relax if you're too hot or cold.

Relax your body

When you're stressed your muscles can become tight and tense. This exercise helps you notice tension in your body and relax your muscles.

#### **What do I need?**

You will need:

Somewhere comfortable to sit or lie down & space where you won't be interrupted.

#### **What do I do?**

Lie down or sit with your back straight and your feet on the floor. Close your eyes or focus on a spot in the distance.

Start by clenching your toes as much as you can for a few seconds then releasing them. Notice the difference between the two feelings.

Match this to your breathing. Tense your muscles as you take a deep breath in, and relax as you breathe out.

Move up your body to your thighs, your stomach and all the way to your shoulders and hands, clenching and relaxing each muscle in turn. Take time to notice any parts of your body that feel tense, tight or tired. You can repeat if you still feel tense.

Take a moment to relax, then slowly and gently begin to move. When you feel ready, you can stand up slowly.

**The NHS's Every Mind Matters has an audio guide to relaxing your body if you would like someone to guide you through this exercise.**

<https://www.youtube.com/watch?v=9GURt2pvdAg>

## Group and support information



Have you seen our other Groups for Men, Carers or Parent Carers? For more information contact the Carers Information and Support Service details below or visit us at <https://www.chcpic.org.uk/chcp-services/carers>



Butterflies Memory loss group 01482 205775, 07821 519212  
[www.butterflies.org.uk](http://www.butterflies.org.uk)



Autism Training, for more information call 07391 063901



Home from Hospital Service call 01482 447673



Mobilise is online support for unpaid Carers in Hull, here to help you in your caring role.

For more information go to <https://www.mobiliseonline.co.uk/hull>

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## Where you can find us.....

We continue to increase our support out in the community offering the option of late night and weekend appointments. We have availability across the city in the following areas, 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](http://www.hull.connecttosupport.org)

**chcp**

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

**chcp**

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

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

## Easter Wordsearch

D	D	S	P	R	I	N	G	A	L	E	P
U	A	R	H	F	M	A	E	S	X	C	A
C	O	F	G	U	G	O	G	E	A	A	R
K	O	H	F	H	N	G	G	E	I	N	A
T	C	R	E	O	S	T	S	C	R	D	D
F	T	N	A	P	D	U	H	B	I	Y	E
L	R	D	S	A	F	I	F	E	S	A	C
O	E	F	T	F	C	L	L	A	M	B	A
W	A	A	E	K	D	B	I	R	D	O	R
E	T	M	R	S	U	N	D	A	Y	N	R
R	G	I	G	N	T	U	L	I	P	N	O
S	H	L	N	G	E	F	O	H	C	E	T
V	O	Y	C	H	O	C	O	L	A	T	E

DAFFODIL

LAMB

EGG

DUCK

EASTER

PARADE

BONNET

SUNDAY

SPRING

CHOCOLATE

FAMILY

HUNT

CHICK

IRIS

TREAT

TULIP

CANDY

CARROT

HOP

FLOWERS



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 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: <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
Lets Talk Depression and Anxiety Service	01482 247111