

Resources for Caring



5 to 16 October 20

Local Updates			
Coronavirus	Public Health England	6 tips to help keep the east of England safe	https://twitter.com/phe_eoengland/status/1314243656510038016?s=21
Coronavirus Financial Support	Bedford Borough Council	Test & Trace Support Payment	https://twitter.com/bedfordtweets/status/1313494395715489792?s=21
Financial Support during winter	Age UK Bedfordshire	Winter - financial support	https://www.ageuk.org.uk/bedfordshire/our-services/warmer-homes-project/
Flu Vaccination	Central Bedfordshire Council	Flu vaccine: protecting yourself from flu this winter	https://content.govdelivery.com/accounts/UKCBCC/bulletins/2a5cb02
Have your say	Bedford Borough Council	Learning Disability Partnership Board	https://www.bedford.gov.uk/social-care-health-and-community/help-for-adults/partnership-boards/learning-disability/
Personal Assistants	Care Academy, Disability Resource Centre	Personal Assistants Training	https://drcbeds.org.uk/care-academy-workshop-calendar/
National Updates			
Advance Care Planning	MoneySavingExpert	Low cost ways to write your will	https://www.moneysavingexpert.com/family/free-cheap-wills/
Benefits	Independent Age	Pension Credit Update	https://mailchi.mp/independentage.org/coronavirusupdate_0708-658530?e=c87ad254d5
Bereavement	Good Grief Trust	Bereavement Counselling	https://twitter.com/goodgrieftrust
Coronavirus	gov.uk	Guidance for those who provide unpaid care to friends or family	https://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family
Coronavirus	NHS	Coronavirus App	https://twitter.com/dhscgovuk/status/1310278029227241474?s=21
Domestic Abuse	Crime Stoppers	Domestic abuse - you are not powerless	https://crimestoppers-uk.org/domesticabuse

Domestic Abuse	Gov.uk	Data charges removed for websites supporting victims of crime	https://www.gov.uk/government/news/data-charges-removed-for-websites-supporting-victims-of-crime
Domestic Abuse	Refuge	For women and children: Against Domestic Violence	https://www.nationaldahelpline.org.uk/Chat-to-us-online?utm_source=Twitter&utm_medium=SocialMedia&utm_campaign=Helpline
Domestic Abuse	Respect Phonenumber	Providing help for domestic violence perpetrators	https://respectphonenumber.org.uk/
Domestic Abuse	UK says no more	Safe Spaces	https://uksaysnomore.org/
Financial Support	MoneySavingExpert	Debt Threat Letters - change of law	https://www.moneysavingexpert.com/news/2020/10/government-agrees-to-end-distressing-debt-threat-letters/
Flu Vaccination	Carers Trust	Carers may be eligible for flu jab it ...	https://twitter.com/carerstrust/status/1311970569630420992?s=21
Flu Vaccination	gov.uk	Flu vaccination: who should have it this winter and why	https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why
Have your say	Carers Trust	Funding for Social Care in the UK	https://carers.org/what-we-do/funding-for-social-care-in-the-uk-a-a-carers-trust-survey-for-adult-carers
Health	NHS	Using the NHS and other health services during coronavirus	https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/using-the-nhs-and-other-health-services/
Medication	Challenging Behaviour	Medication Pathway for Psychotropic medication	https://medication.challengingbehaviour.org.uk/pathway/
Relationships	Relate	Relationship Resources by Relate	https://www.relate.org.uk/relationship-help/covid-19-advice-and-information
Respite Care	The Respite Association	Funding for respite holidays	http://www.respiteassociation.org/
Safety	Citizens Advice	Check if something might be a scam	https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/
Technology	Crime Stoppers	Shopping safely online	https://crimestoppers-uk.org/keeping-safe/online-safety/shopping-safely-online
Transport	British Rail	Veterans Railcard	https://twitter.com/10DowningStreet/status/1316298623236345862