

*Carebreak... .. care with a  
personal touch*

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## **STOP PRESS!! NEW REMOTE SUPPORT SERVICE !**

### **JUST CHECKin'**

Due to the current Coronavirus outbreak I have become aware that families up and down the country are unable to support one another in the same way they are used to doing. This may be due to the Stay At Home policy, self-isolation, or illness. As a result, many single and older people are noticing the effects of this enforced separation, missing the companionship and comfort that interaction with their friends, family and social groups usually provides.

As a DBS checked **respite sitting carer**, I have worked, for almost **10 years**, in the village of Kibworth, South Leicestershire and the surrounding villages.

My "pre-virus" work involved **supporting family carers**, enabling them to **take a break** from their caring responsibilities on a regular basis. This could involve activities such as taking clients out to the café or garden center, staying home with them for a chat and a cuppa, reading their choice of book or promoting some gentle exercise or craft activity.

Due to the current restrictions I am unable to continue with this now, so have created a **NEW phone or video call service** to offer **regular, safe support...** to both **reassure families** that their loved one is well, being a safety net to flag up any problems, and to **provide an opportunity for the social contact** we **ALL** need to support our mental health and wellbeing.

These peace of mind **JUST CHECKin'** calls of **up to 30mins** are priced at **£6 (weekdays)** or **£8 (weekends)**, times to be arranged to suit you or your relative.

Why not pick up the phone TODAY for a chat!

I look forward to hearing from you!

Live in a 6m radius of Kibworth ?

Do you know a family carer.....

Do you have an elderly relative living in this area?

who would benefit from a break?

**If you answered YES to any of these?.. then maybe I can help!**

I would love to have a chat with you or your relative.

**GIVE ME A CALL ON 07786889821 TODAY**

**OR**

**EMAIL ME at [carebreak@gmail.com](mailto:carebreak@gmail.com) for an information pac**

Companionship, respite sitting and reading/craft calls will restart when the social distancing restrictions are lifted.....would you like a call?