Carers Connect

The Newsletter for Carers in Wandsworth Issue 65 / June-July 2026

For Carers and the friends or family you care for.

Please contact the Carers' Centre to let us know if you will be attending, so we can prepare you a picnic pack.

A Network Partner of CARERS TRUST

Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ
Tel 020 8877 1200 – Calls welcome via text relay
Email info@wandsworthcarers.org.uk • **Website** www.carerswandsworth.org.uk

Wandsworth Carers' Centre is a company limited by guarantee with charitable status. Registered Charity Number 1053121. Company Number 3152094.

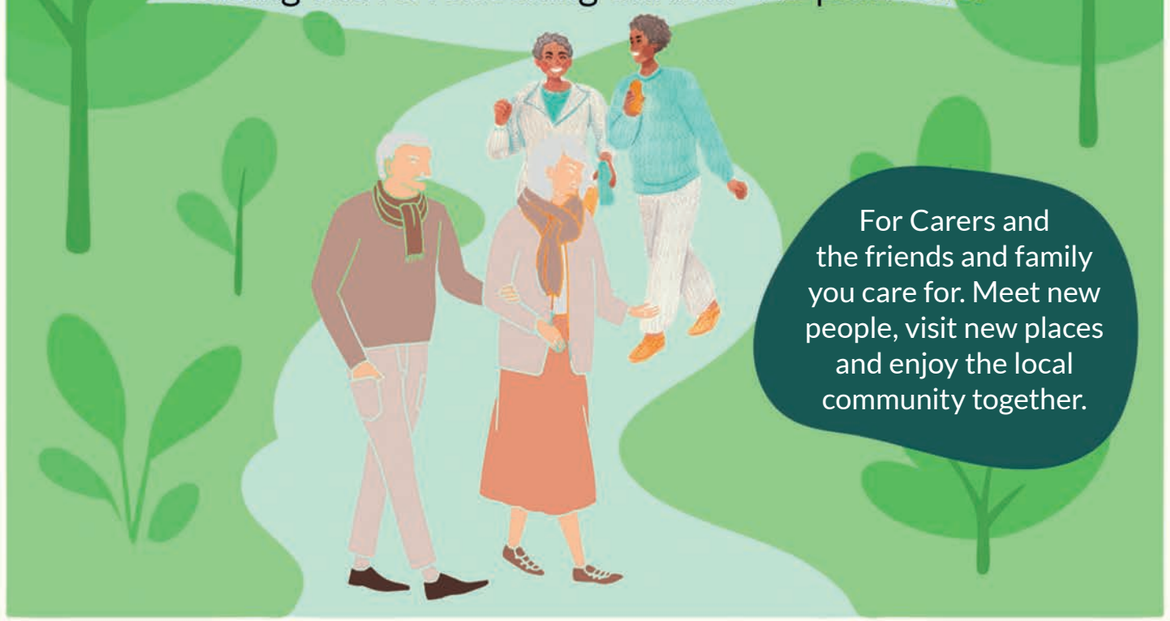
Walk, Talk & Tea

Tooting Neighbourhood Wandering.

Walk Guide Saira Niazi

will guide us through the streets of Tooting and into the new Springfield Village and Park, pointing out places of interest and hidden gems whilst encouraging the sharing of stories about local life and community.

Once in Springfield Park, we will explore the wildflowers, wetlands and take a rest on the wellbeing benches, before ending with a refreshing drink in the park café.



For Carers and the friends and family you care for. Meet new people, visit new places and enjoy the local community together.

Wednesday 3rd June from 11am to 1pm

Tooting and Springfield Park

Meeting at Tooting Broadway Station

What to expect

The guided walk will last approx. 1 hour, allowing time for further exploration, resting and connecting for the second hour.

Please call us on 020 8877 1200 to let us know you will be coming.

This activity is funded by the Springfield Spark Community Fund

Afternoon Tea

Relax • Connect • Enjoy

Join us in Carers Week for a fun and relaxing Afternoon Tea at Earlsfield Library.

Wednesday 10th June 2026 from 1.30 to 3.30pm

- ★ Creative activities
- ★ Board games
- ★ Connect with other Carers
- ★ Time to relax

This event is for Carers and the person you care for.

To book your place, please call us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Free Yoga *with Rehana*

Upcoming Classes

In-Person: Wednesday 10th June 2026 from 2 to 3pm

Online: Wednesday 17th June 2026 from 11.30am to 12.30pm

In-Person: Wednesday 8th July 2026 from 2 to 3pm

Online: Wednesday 15th July 2026 from 11.30am to 12.30pm

Our in-person classes take place at MoreYoga Wandsworth, 7 Chivers Passage, London SW18 1UP

Email: info@wandsworthcarers.org.uk or call 020 8877 1200 to reserve your place

London LGBTQ+ Carers

Peer-to-Peer Group

A supportive space for LGBTQ+ unpaid carers to connect, share experiences, and support one another.

When: 1st Sunday of every month

Time: 2–4pm

Where: London Friend, 86 Caledonian Rd, London N1 9DN

Contact: lgbtqlondoncarers@outlook.com

Friendly, confidential, and peer-led

WALK, TALK & TEA

Wandsworth Carers' Centre's Walk, Talk & Tea takes place on the first Wednesday of every month. Come along and meet other Carers, have a relaxing walk and enjoy a complimentary cup of tea or coffee at the end.

3rd June 2026

Springfield Park – 11am

Discover our new park, being referred to as London's newest Green Gem, an oasis in London with its sensory garden, ponds and community café.

1st July 2026

Tooting Common – 11am

Tooting Common has lots to offer – the leisure facilities, a beautiful lake with swans, both grassland and woods, as well as a cute little café.

5th August 2026

Clapham Common – 11am

Enjoy a peaceful walk through Clapham Common, spot the Queen's 60th Jubilee Tree, take a moment at the Bandstand and end at the lovely Pear Tree Café.

To sign up and receive the meeting point locations each month, please contact us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Trip to London Zoo

Join us for a fun day out at London Zoo, where you can explore all the amazing animals!

Saturday 13th June 2026

Deposit required: £5 per Carer and £3 for the person you care for

To sign up, please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**. Your place will be confirmed once the deposit payment has been received.

Wandsworth Council Carer's Assessment

Our Carer's Assessment and Support Service is designed to help you think about your situation and consider what support you need in your role as a Carer. There are now different ways you can have a support conversation or complete a Carer's Assessment, so you can choose what works best for you.

New: AI Carer's Support Service

You can use our new AI Carer's Support Service – a simple online tool that you can use to talk about your caring situation, at a time and place that suits you. With the AI Carer's Support Service you can:

- Have a conversation when it suits you, whether that's during the day, late at night or whenever you have a quiet moment.
- Get personalised support suggestions straight away with a helpful summary at the end of your chat.
- Pause and return whenever you need to – pick up right where you left off.
- Choose the pace – have a quick chat for immediate advice or take more time to explore your situation in detail.

This is a new, flexible way to have a support conversation or complete a Carer's Assessment. You'll still have the option to speak with a member of our Adult Social Care team if you prefer.

Before you start: Think about what works well in your life, how you currently manage day-to-day and what you would like to change. It may be helpful to do this with a family member or someone else you trust. You will need a valid email address if you wish to receive a summary of your conversation.

To start just go to: **https://carers.support/wandsworth/register**.

Other ways to complete an assessment: If you'd rather not use the AI service, you can:

Speak to our Adult Social Care team on **020 8871 7707** or email: **accessteam@wandsworth.gov.uk**.

Contact Wandsworth Carers' Centre on **020 8877 1200** to find out more about local support and activities.

LEARNING DISABILITIES AWARENESS DAY

"Do you see me?" is this year's Learning Disability Week theme and we want to hear from you. We are inviting Carers to an open discussion space to share real experiences, ideas, and challenges, and to help shape better understanding and support for people with learning disabilities. Professionals attending include Speech and Language Therapy, Psychology and Nursing, here to listen, reflect and contribute to the conversation.

16th June 2026 from 2 to 4 pm

at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ

Free Holistic Healing Workshop

- EFT Tapping to release stress, guilt and emotional overwhelm.
- Meditation with chakra alignment for deeper balance, renewal and emotional freedom.
- NLP reframing and Ho'oponopono to shift heavy emotions and build trust.

Every Monday from 11am to 12pm via Zoom

To book now, just call 020 8877 1200 or email info@wandsworthcarers.org.uk

Beauty Treatments

We are delighted to announce that we have two new Volunteers, Andrea from Caring Beauty Drops, and Amtul, who are going to be offering Beauty Treatments at Wandsworth Carers' Centre. Each appointment will consist of a 10 minute consultation and a 50 minute treatment.

Appointments Available on Mondays at 10am, 11am and 12pm

at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ

WHAT'S AVAILABLE?

Manual Lymphatic Draining Massage: Facial or full body, amazing for deep relaxation, improving circulation and reducing fatigue.

Mini Million Dollar Facial: A gentle yet effective treatment that cleanses, exfoliates and boosts skin glow using high-performance products

Indian Head Massage: A relaxing, therapeutic treatment that focuses on the head, neck, shoulders, and sometimes the upper back and face.

Facial Waxing: Remove unwanted hair from the chin, moustache, and other areas of the face, leaving skin smooth and hair-free.

To arrange an appointment, please call us on 020 8877 1200

Carers Partnership Wandsworth – Peer Support Groups

We offer a wide range of welcoming, friendly and supportive peer support opportunities for Carers. Our peer support groups give you the opportunity to take some time for yourself, meet other Carers, share experiences and have your voice heard. Specific topics and speakers are arranged to meet the needs of each group. *Please speak to the group facilitator if you would like a particular topic to be discussed.* **You can call us for more information or just simply turn up.**

Peer Support Groups Offered By Wandsworth Carers' Centre

Carers of People with Learning Disabilities: Held on the 2nd Tuesday of every month from 11.30am to 1pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ and via Zoom)**. **PLEASE NOTE THAT THE 9TH JUNE MEETING IS CANCELLED.** To sign up, please email **info@wandsworthcarers.org.uk**.

Carers of People who Experience Mental Illness: Held on the 2nd Thursday of every month from 2pm to 4pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ and online via MS Teams)**. To sign up, please email **info@wandsworthcarers.org.uk**.

Neurological Conditions – Peer Support Group: Held on the 1st Tuesday of every month from 11am to 12.30pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ and via Zoom)**. *The group is facilitated by Carol from Integrated Neurological Services (INS) and Ava from Wandsworth Carers' Centre.* To sign up, please email **info@wandsworthcarers.org.uk**.

Carers of People on the Autistic Spectrum: Held on the last Thursday of every month from 6.30pm to 8pm **(session only via Zoom)**. To sign up, please email **info@wandsworthcarers.org.uk**.

Coffee Club – Wandsworth: Held on the 3rd Friday of every month from 10.30am to 12.30pm **(in-person at The Ascension Church, 23 Malwood Road, Balham, SW12 8EN)**. ***This group is open to all Carers and the person / people you Care for***. To sign up, please email **info@wandsworthcarers.org.uk**.

Asian Carers' Support Group: Held on the last Thursday of every month from 2pm to 4pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ, and via Zoom)**. To sign up, please email **info@wandsworthcarers.org.uk**.

The Male Carers Group: Held on the 2nd Monday of every month from 11am to 1pm **(in-person at Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ)**. To sign up, please email **info@wandsworthcarers.org.uk**.

Male Carers Social: Held on the last Friday of the month from 12 to 2pm. To sign up call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Peer Support Groups Offered By Wandsworth Carers' Centre

Young Carers' Connect – After School Club: Held every other Thursday from 4.30 to 6pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ)**. Join us for games, activities and a chance to relax and make friends. Spaces are limited, so for more information or to sign up, please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Writers Group: Held on the 3rd Thursday of every month from 10.30am to 12pm **(session only via Zoom)**. To sign up please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Peer Support Group For Carers Of People With Dementia

Evening Support Group for Carers of People with Dementia: Held on the 3rd Thursday of every month from 6pm to 7.30pm. **Session only via Zoom**. Email **info@wandsworthcarers.org.uk** to sign up or to request more information.

Dementia Cafés – for both Carers and the person with Dementia

The Sunflower Café – Supporting Dementia in Putney: Held on the 1st Saturday of every month from 1.30pm to 4pm **(held in-person at Mount Court, 16 Weimar Street, Putney, SW15 1SJ)**. For more information or to attend please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

The Iris Café – Supporting Dementia in Balham: Held on the 3rd Saturday of each month from 2pm to 4.30pm **(held in-person at St Lukes Community Hall, 194 Ramsden Road, Balham, SW12 8RQ)**. To attend or for more information, please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

The deadline for the next Carers Connect Newsletter is Monday 6th July 2026

Peer Support Groups in June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Neurological Conditions Peer Support Group	3	4 After School Club – Young Carers' Connect	5	6 The Sunflower Café	7
8 The Male Carers Group	9	10	11 Mental Health Carers – (Online and In-Person)	12	13	14
15	16	17	18 Evening Support for Carers of People with Dementia Writers Group After School Club – Young Carers' Connect	19 Coffee Club – Wandsworth	20 The Iris Café	21
22	23	24	25 Carers of People on the Autistic Spectrum Asian Carers' Support Group	26 Male Carers Social	27	28
29	30					

Peer Support Groups in July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 After School Club – Young Carers' Connect	3	4 The Sunflower Café	5
6	7 Neurological Conditions Peer Support Group	8	9 Mental Health Carers – (Online and In-Person)	10	11	12
13 The Male Carers Group	14 Carers of People with Learning Disabilities	15	16 Evening Support for Carers of People with Dementia Writers Group After School Club – Young Carers' Connect	17 Coffee Club – Wandsworth	18 The Iris Café	19
20	21	22	23	24	25	26
27	28	29	30 Carers of People on the Autistic Spectrum Asian Carers' Support Group	31 Male Carers Social After School Club – Young Carers' Connect		

Male Carers Social

Last Friday of Every Month

Come and socialise with other Carers. Share your experience and support others too.

Upcoming dates and venues:

26th June 2026
The Spread Eagle, 538 Garratt Lane, SW17 0NY

31st July 2026
The Rocket, Brewhouse Lane, SW15 2LQ

For more information and to attend, please contact Wandsworth Carers' Centre on Tel: 020 8877 1200 or email: info@wandsworthcarers.org.uk.

Energy Saving Workshop

Discover strategies to reduce energy costs for you home.

This workshop is open and accessible to all our Carers, ensuring an inclusive environment for everyone.

Date: 18th June 2026

Time: 10.30am to 12.30pm

at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ

To sign up, please contact us on Tel: 020 8877 1200 or email: info@wandsworthcarers.org.uk

Mental Health Carers Peer Support Group

Thursday 9th July 2026 from 2 to 4pm

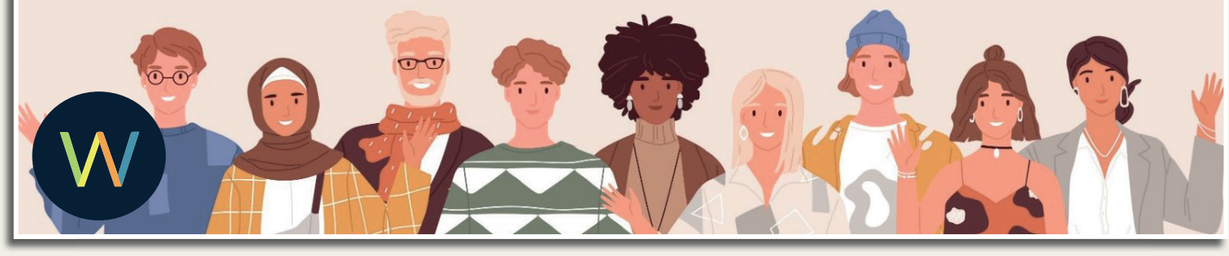
at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ
or join online via MS Teams

Guest Speaker: Tomas Ince, Senior Clinical Transformation Manager – Universal Care Plan Programme

Tomas will talk about:

- What the Universal Care Plan (UCP) is and what it involves
- The Carer contingency plan – what it is and what in involves
- Implications for Carers and the friends and family they support

To join this group, please call us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.



Stay Connected: How to Open and Read our Newsletter

If you receive our Newsletter by email but are unsure how to open or read it, we're here to help.

At Wandsworth Carers' Centre we offer friendly one-to-one digital support to guide you through simple steps – from opening your email, to accessing and reading the Newsletter comfortably on your device. Whether you're using a phone, tablet or computer, we can support you at your own pace in a relaxed and supportive environment.

To arrange support, please call us on **020 8877 1200** or email: **info@wandsworthcarers.org.uk**.

Food & Entertainment Celebrating South Asian Culture

ALL Carers are invited to join us for an afternoon of food and entertainment as we celebrate South Asian Culture on:

Thursday 30th July 2026
from 1 to 2.45pm

at Earlsfield Library, 276 Magdalen Road, Earlsfield, SW18 3NY

ALL Carers Are Welcome

To sign up, please call Wandsworth Carers' Centre on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Neurological Conditions Peer Support Group

Are you caring for someone with a neurological condition?

A neurological condition is any condition that affects the brain, spinal cord and/or nerves, e.g. Parkinson's, Stroke, Brain Injury, MS

Next group: Tuesday 2nd June 2026

Our group is held in the first Tuesday of every month. Facilitated by Ava from Wandsworth Carers' Centre and Carol from Integrated Neurological Services. The group is hybrid, you can join via Zoom or come in person.

To sign up, please call **020 8877 1200** or email **ava@wandsworthcarers.org.uk**.

BritishRedCross

First Aid

Free Workshop for Carers

Come and learn essential First Aid skills in a workshop run by the British Red Cross. The course will cover:

Skills for Adults at Risk • Head Injuries
Heart Attacks • Strokes and Seizures

Thursday 14th July 2026
from 2 to 3.30pm
at Wandsworth Carers' Centre

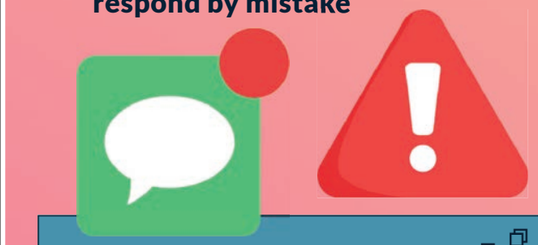
For more information and to book your place, please call: **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Limited places available

Deep Dive: Phone and Text Message Scams

Wandsworth Carers' Centre is offering a FREE in-person digital training session to help Carers **recognise phone and text scams and respond safely with confidence**. This beginner-friendly session will offer step-by-step guidance on:

- ✓ **Spotting fake delivery, bank or service messages**
- ✓ **Recognising suspicious phone calls and unknown numbers**
- ✓ **Checking messages before clicking and replying**
- ✓ **Blocking and reporting scam calls and text**
- ✓ **Knowing what to do if you respond by mistake**



Date: Monday 22nd June 2026

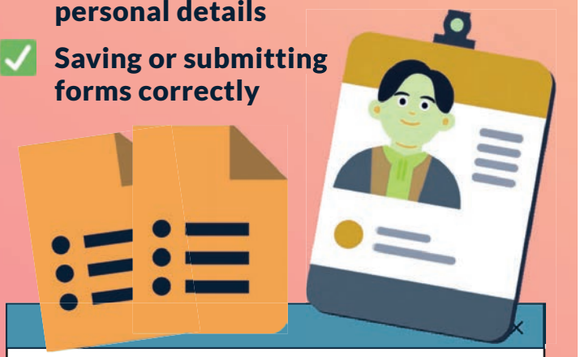
Time: 1.30 to 3pm

Location: Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ

Everyday Online Forms and Applications

Wandsworth Carers' Centre is offering a FREE in-person digital training session to help Carers **feel more confident completing online forms and applications**. This beginner-friendly session will offer step-by-step guidance on:

- ✓ **Filling in forms for GP registration, services or events**
- ✓ **Understanding what information is safe to share**
- ✓ **Avoiding common mistakes when completing forms**
- ✓ **Checking websites before entering personal details**
- ✓ **Saving or submitting forms correctly**



Date: Monday 20th July 2026

Time: 1.30 to 3pm

Location: Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ

SPACES ARE LIMITED! To register, please email info@wandsworthcarers.org.uk or call 020 8877 1200

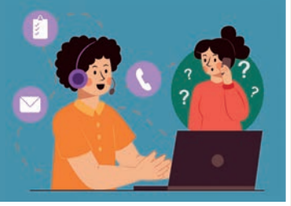
Registered Charity No.: 1053121 Company No.: 3152094

Advice and Information Service

Carers can access our Advice & Information service for help with benefit applications, transport support, council tax information and more. Carers can book appointments in Balham, Clapham Junction or Roehampton.

If you need some advice or information, please call us to book an appointment.

Tel: **020 8877 1200**
Email: **support@wandsworthcarers.org.uk**



Free Carer Consultation and Annual Health Check

Dear Carers,

We understand the vital role you play in supporting your loved ones, and we are committed to ensuring you receive the support you need to continue your invaluable work. Here's a summary of the services available to you in Primary Care Wandsworth:

Carer Consultation and Annual Health Check

For every Carer on the Carer Register, including Young Carers, we offer a Carer Consultation.

Support for Carers

Many Wandsworth Carers, both young and adult, remain unidentified by health and social care professionals and are unaware of available support. We are here to change that. Please reach out to your Wandsworth GP practice to learn more about the support available to you and ask to be recorded as a Carer on the practice system.

Thank you for your dedication and care.

Wandsworth GP Federation

Wandsworth Carers' Centre

Opening Hours

Monday	9.30am–5.30pm
Tuesday	9.30am–5.30pm
Wednesday	9.30am–7.30pm
Thursday	9.30am–5.30pm
Friday	9.30am–5.30pm
Saturday	CLOSED
Sunday	CLOSED

For enquiries, call 020 8877 1200 or email info@wandsworthcarers.org.uk

Wheelchair accessible – Accessible toilet
Hearing induction loop – Interpreters available

Wandsworth COMMUNITY SPACES

Join us for SUPPER CLUB

1st and 3rd Wednesday of every month from 5pm to 7pm
46 Balham High Road, SW12 9AQ

24th June and 8th and 22nd July 2026

Come along for a bite to eat with other Carers! We particularly encourage newly registered Carers to join us.

Please note that you must book your place in advance by calling us on **020 8877 1200**

Back Care & Massage

Back Care Appointments

Tuesdays from 10am to 4pm at our Balham Office
Thursdays from 10am to 4pm at Mayfield Surgery, Roehampton
(Buses 170, 493 & 85 all stop close to the surgery)

Massage Appointments

Wednesdays from 10am to 6.15pm and Thursdays from 10am to 4pm at our Balham Office

For more information or to book an appointment please call 020 8877 1200

Respite Service

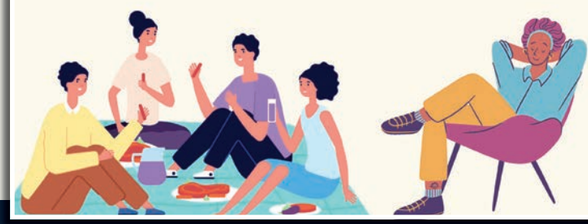
Do you need a break from your caring role?

Would you like to catch up with friends, take up a hobby or take some time to relax at home?

Our service for Carers of an adult can provide up to 52 hours of respite.

Our service for Carers of a child can provide up to 10 hours of respite.

For more information about the service and the eligibility criteria, please call us on 020 8877 1200 or email info@wandsworthcarers.org.uk.



Art Workshops for Carers

Wandsworth Carers' Centre is delighted to be working with Arts St George's, part of St George's Hospital Charity, to offer a series of creative visual arts workshops. As part of the National Lottery Heritage Fund supported project, "Our Hospital": Conserving, Curating and Repsonding to St George's Art and Heritage Collection, these workshops will be inspired by the art and heritage collection of St George's Hospital.

Join us to explore creativity, learn new skills, and connect with other Carers in a relaxed and welcoming environment.

Tuesday 16th June –10.30am to 12.30pm

Tuesday 23rd June –10.30am to 12.30pm or 1.30pm to 3.30pm

Tuesday 30th June –10.30am to 12.30pm or 1.30pm to 3.30pm

Tuesday 7th July –10.30am to 12.30pm or 1.30pm to 3.30pm

Tuesday 14th July –9.30am to 11.30am

Sessions will take place at
Wandsworth Carers' Centre,
46 Balham High Road, SW12 9AQ.

Please contact Wandsworth Carers' Centre to book your place on tel: **020 8877 1200** or email: **info@wandsworthcarers.org.uk**.

Please note: Carers should sign up for either the morning or afternoon session, not both.

Wandsworth Carers' Centre · CARERS TRUST · bluebird care · INVESTING IN VOLUNTEERS · NHS South West London · Wandsworth