Carers Connect

The Newsletter for Carers in Wandsworth Issue 66 / August-September 2026

See Page 4 for more details

Trip to the Tower of London

Join us for a fun day out at the Tower of London! Step back in time as we explore one of London's most famous landmarks. Discover the incredible Crown Jewels, meet the Beefeaters and hear fascinating stories from over 1,000 years of history.

Thursday 10th September 2026

All Carers welcome!

Meeting at 11am outside Tower Hill tube station

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

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.

Young Carers aged 11 to 16

Join our partner artist **Francis Augusto** for a creative project that's yours to shape.

THROUGH MY EYES

Over six sessions you'll get your hands on **real cameras**, take photos about whatever matters to you, and create your own zine and exhibition to show people how you see things.

No Photography Experience Needed

AGES 11 - 16

Introductory Session taking place on:

13th August 2026

from **4 to 6pm**

at 46 Balham High Road, SW12 9AQ

For more information and to sign up, contact Wandsworth Carers' Centre on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

The Soul Mending Project

A Creative Sanctuary Just For You!

We are holding our first workshop for Carers who need a pause.

The Soul Mending Project is a six-week creative sanctuary, designed by a Carer, for Carers. It is a safe place where you can set down the weight of everyone else's needs and simply reconnect with yourself.

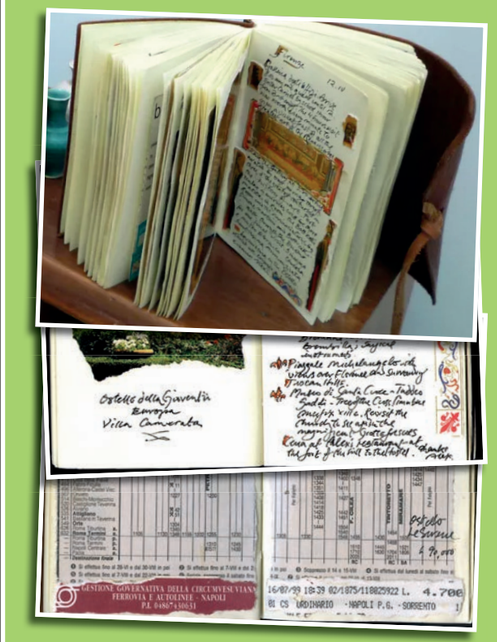
What you will actually do:

Each week, you will design your creative journal using expressive writing concealed from others, colourful intuitive art, collage, and more. Your words can hide in plain sight on the page. Here, your hands will speak what your heart cannot say out loud, allowing you to safely release your thoughts and emotions without any fear of judgment.

No experience. No skill. No expectations. A space just for you!

Why it's special:

The project is facilitated by a member of our team who is a Carer herself. It was born from the depths of personal experience. This is not theory, it is a gift from someone who has walked your path.



Images from www.thechangingpalette.com and used under CC BY-NC-ND License.

THE DETAILS YOU NEED:

Starts: 29th September 2026
Duration: Six weekly sessions
Group size: 8 to 10 Carers
Location: Wandsworth Carers' Centre
46 Balham High Road, SW12 9AQ
Cost: FREE

If you have been waiting in the shadow for a space like this, we would love to welcome you.

Please call **020 8877 1200** to book your space.

NOTES ON THE TRIP TO THE TOWER OF LONDON

Accessibility – Committed to Access for All

We welcome all visitors to the Tower of London and aim to make your day out successful and enjoyable. We are committed to improving access and facilities for disabled visitors.

The Tower of London is a historic building with difficult stairs and passageways – including spiral staircases – and wheelchair access is limited. There are many steps throughout the Tower with cobbles laid in some of the surfaces and pathways. There are some low doorways.

On your way around the Tower, you will meet our staff and volunteers who will be happy to help support your visit or answer any questions.

Contact us:

If you have any questions on accessing the Tower of London that is not covered here, contact **visitorservices.tol@hrp.org.uk**. We aim to respond within 10 days. Alternatively, call us on **0333 320 6000** (lines open Monday to Friday, 9am to 2pm).

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.

When: Every Tuesday
Time: 3pm
Location: Zoom

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

Free Yoga with Rehana

Upcoming Classes

In-Person: Wednesday 12th August 2026 from 11.30am to 12.30pm

Online: Wednesday 19th August 2026 from 2 to 3pm

In-Person: Wednesday 9th September 2026 from 11.30am to 12.30pm

Online: Wednesday 16th September 2026 from 2 to 3pm

Please note: Our in-person and online yoga sessions require participants to be able to get up and down from a floor mat independently.

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

St George's University Hospitals NHS Foundation Trust

Wandsworth Carers' Centre and St George's Hospital

At St Georges we are working closely with Carers to find out what Carers need and want when they visit the hospital. We have worked with Carers and listened to their suggestions and feedback, co-designing resources.

Carers Contact Sheet | **External Website for Carers**

Carers Charter – Our pledge to Carers (see below)

Carers have told us they want to be identified, involved and supported and this is the standard of service we want to provide. If you have visited St Georges Hospital, please let us know if we are meeting the aims of our Carers Charter. Use the link **https://gthr.co.uk/b4c6** or scan the QR code.

We host a quarterly Carers Forum open to all Carers, including staff Carers, to come together to share learning, developments, insights and provide us with valuable feedback. We train our staff to identify Carers and record this information on our system, so that a member of the Patient Experience team can arrange a follow up care call.

If you would like more information, support or to tell us about your experience, contact the Patient Experience Team at **patientexperience@stgeorges.nhs.uk**.

gesh Adult and Young Carers Charter

St George's, Epsom and St Helier University Hospitals and Health Group

Communication

I feel welcomed and recognised as a Carer

I feel listened to and respected as a Carer

Staff are kind to me

Staff consider my communication needs

I have access to information at the right time and in a format I can understand

Staff work hard to manage my expectations

Empowering and involving

I feel valued as a Carer and empowered to share my insights

I am treated as an equal partner

My knowledge, input and observations are heard and considered

I am involved in every stage of discharge planning

My caring role is respected and considered

Wellbeing

I feel that staff consider my needs as a Carer

I am offered support from our local Carer Support Agencies, who focus on Carer wellbeing

I feel that my contribution is recognised in terms of my caring role

I have the opportunity to meet other Carers in a similar situation to me

I am considered as a person, as well as a Carer

Support

Staff establish what support I provide for the person I care for

I am offered information about the help and support available to me

I am offered a referral to a local Carer Support Agency, for mental and physical health and financial support

I am able to access information regarding a Carers Assessment

I am offered access to training and educational support for my needs as a Carer

Co-designed with adult, parent and young Carers demonstrating our commitment to partnership working

Action for Carers Surrey | Wandsworth Carers' Centre | Sutton Carers Centre | Supported by Wandsworth | Sutton | Surrey Heartlands Health and Care Partnership | Carers First

Male Carers Peer Support Group

Second Monday of every month

Our Male Carers Group is held on the second Monday of every month from 11am to 1pm.

Join in person at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ or online.

On Monday 10th August 2026 we will be joined by Wandsworth Talking Therapies to discuss topics related to the emotional wellbeing of male Carers.

To join the Male Carers Group, please call 020 8877 1200 or email info@wandsworthcarers.org.uk.

WALK, TALK & TEA

Wandsworth Carers' Centre's **Walk, Talk & Tea** takes place on the first Wednesday of every month, meeting at 11am. Come along and meet other Carers, have a relaxing walk and enjoy a complimentary cup of tea or coffee at the end.

5th August 2026

Clapham Common

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.

2nd September 2026

Kennington Park

Kennington Park was the first public park in South London (1854) and it has so much to offer with its mature trees, memorials, flower gardens, beehives and café.

7th October 2026

Battersea Park

Explore this beautiful Royal Park and visit the green plaque honouring the late legendary singer Bob Marley and celebrating the time he spent playing football here.

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

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)**. 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 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 7th September 2026

Peer Support Groups in August 2026

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

Peer Support Groups in September 2026

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

Male Carers Social

Last Friday of Every Month from 12 to 2pm

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

Upcoming dates and venues:

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

28th August 2026
The Devonshire, 39 Balham High Road, SW12 9AN

25th September 2026
The Leather Bottle, 538 Garratt Lane, SW17 0NY

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

Mental Health Carers Peer Support Group

Guest Speaker: Michael Boyce, Family Intervention Therapist from Wandsworth Early Intervention Service

Topics to be discussed:

- Understanding Early Signs of Psychosis
- Supporting Recovery and Wellbeing
- Managing Crisis Situations

10th September 2026 from 2 to 4pm

Join online or in person at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ

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

CARERS' WELLBEING FAIR

Thursday 20th August at 12-3pm

Battersea Park Library, SW11 4NF

Public Health and Wandsworth Carers' Centre welcome Carers and the people they support to this wellbeing fair. Everyone is welcome!

Free activities, refreshments and raffle prizes to be won!

Enjoy yoga and mindfulness

Creative activities for all ages

Explore stalls for local services

Free refreshments, meet other Carers

For more information and to let us know you will be attending, call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Wandsworth Carers' Centre

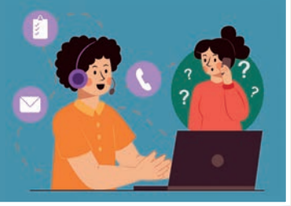
Wandsworth Carers' Centre
Registered Charity No: 1053121. Company No: 3152094.

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

2nd and 4th Wednesday of every month from 5pm to 7pm
46 Balham High Road, SW12 9AQ

12th and 26th August and 9th and 23rd September 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
Venue to be confirmed
(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

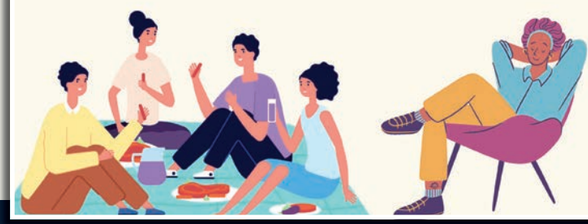
Do you need a break from your caring role?

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.



Managing Passwords and Online Accounts

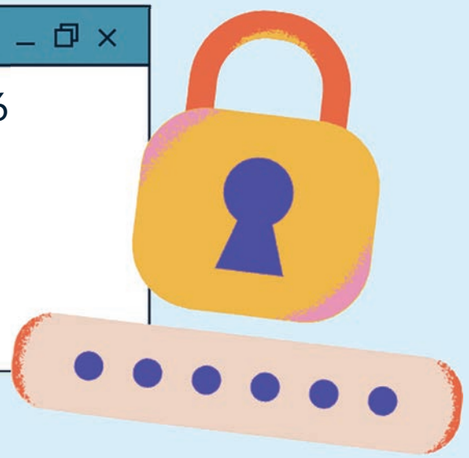
Wandsworth Carers' Centre is offering a FREE in-person digital training session to help Carers **create strong passwords and manage online accounts safely**. This beginner-friendly session will offer step-by-step guidance on:

- ✓ **Creating strong and memorable passwords.**
- ✓ **Why every account needs a unique password.**
- ✓ **Exploring safe ways to store and manage passwords.**
- ✓ **Signing in, signing out and keeping accounts secure.**
- ✓ **Avoiding common mistakes and "password fatigue".**

Date: Monday 17th August 2026

Time: 1.30 to 3pm

Location: Wandsworth Carers' Centre, 46 Balham High Road, Balham, London 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

Using Digital Health Tools Confidently

Wandsworth Carers' Centre is offering a FREE in-person digital training session to help Carers **use digital health services with confidence**. This beginner-friendly session will offer step-by-step guidance on:

- ✓ **Using the NHS App to access health services.**
- ✓ **Booking appointments and ordering repeat prescriptions.**
- ✓ **Viewing test results and managing health information.**
- ✓ **Using pharmacy websites and hospital patient portals.**
- ✓ **Solving problems and knowing where to get help.**

Date: Monday 14th September 2026

Time: 1.30 to 3pm

Location: Wandsworth Carers' Centre, 46 Balham High Road, Balham, London 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

Scams Awareness Workshops

Discover common scams and how to recognise and look for warning signs and keep yourself safe. **In conjunction with Trading Standards, Merton Council.**

Tuesday
1st September 2026
10.30am to 12.30pm

FREE ADMISSION

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

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

Wandsworth Carers' Centre · CARERS TRUST · bluebird care · Investing in Volunteers · NHS South West London · Wandsworth