

CARERS CONNECT

The Newsletter for Carers in Wandsworth

Issue 29 June-July 2020



Wandsworth Carers' Centre



Dear Carers,

Happy Carers Week 2020! This year is, of course, very different to usual so we won't be having a gathering in the Civic Suite or the planned trip to Brighton. We do however have a variety of activities that are taking place on line or via telephone, including a **Bake Off** and **Photograph Competition**. If you have an email address you will be receiving this newsletter electronically, and for those that don't, we are sending out a reduced number of paper copies. If you have received this through the post, but could have received it electronically, please let us know info@wandsworthcarers.org.uk.

For now, the Carers' Centre offices remain closed for everyone's safety, and will remain closed for the month of June, after which time we will review our risk assessment and let you know if things will be changing.

Please remember that although we are working from home, you can still call and email us as normal, and the phones are still being answered from 9.30am to 5.30pm, Monday to Friday excluding any bank holidays. If there is anything you need, please call, even if you would just like a chat because as they say, 'it is good to talk'.

I hope you are all staying safe and coping as well as possible. If you can, keep an eye on our website, as we will be putting up new things regularly, such as gentle exercise or yoga videos, and things you tell us you would like, such as recipes. If you have any thoughts as to things you would like to see on the website, such as ideas for more or different types of support, again, please let us know.

Take good care,

Eglionna and all at the Carers' Centre

Bake Off Bonanza

What better way to spend your time at home then to join us in our **Carers Week Bake Off**. With prizes up for grabs and a professional pastry



chef as our judge, it's a 'win-win'. To enter please send us a picture of your baked goods. There is no limit to what this can be, as long as the tasty treat is baked and not just cooked.

Your pictures will be judged by one of our own Carers and board members as well as Eleanor Thomas, a professional pastry chef and owner of L'Aigle D'or, a prestigious French restaurant and hotel. You can send us more than one picture, but you are only allowed one entry per person. Please send any pictures to hannah@wandsworthcarers.org.uk. If you're unable to access the internet and would like to join in, please call **Hannah** on **020 8877 1200**.

Take our Carers Wellbeing Survey and be in with a chance of winning a £50 M&S voucher! We want to hear from Carers about their experiences during lockdown and find out what support is most needed at this time. We have included the survey with this newsletter; simply complete and return to: **Wandsworth Carers' Centre, FREEPOST RTLL-HTRG-BTXS, London SW18 4ZZ**. The survey takes a few minutes and once completed, you will automatically be entered into the Prize Draw. The winner will be contacted during Carers Week on **Friday 12th June 2020. Good Luck!**

WANDSWORTH CARERS' CENTRE

Wandsworth Office: 181 Wandsworth High Street, London SW18 4JE Tel 020 8877 1200 Fax 020 8877 3936

Balham Office: 46 Balham High Road, London SW12 9AQ Tel 020 8675 0811 Fax 020 8675 8452

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.

Join Us For Carers Week 2020's BIG



AFTERNOONS

Taking place via **Zoom** on **Monday 8th June 2020** and **Friday 12th June 2020**, both at **3.00pm**.

You will be provided with access to all materials to play on your chosen device and support is available to help set up **Zoom Video Calling**.

We want everyone to have a great afternoon, so feel free to get dressed up or wear something fun!

Spaces are limited, so for more information or to sign up please call **020 8877 1200**.

BE IN IT TO WIN IT!!



Zoom Disclaimer

The **Zoom** run Workshops and Support Groups that **Wandsworth Carers' Centre** are running are all run through licensed **Zoom** accounts.

They are all password protected and are not open for people to join without being admitted by the host, **Wandsworth Carers' Centre**.

If you have any concerns or questions around the use of Zoom please contact **Wandsworth Carers' Centre** on **020 8877 1200** or email hannah@wandsworthcarers.org.uk.

The reason you are receiving this newsletter in paper form is that we don't have an email address for you. We do know that some of you may have recently acquired an email address or are accessing things online via a family member's device, and for that reason we have included some things that we are doing online via Zoom. If you, or a member of your family can get online for you, have a look at all that we are doing on our website www.carerswandsworth.org.uk.

If you are considering getting online and need information about that, please give us a call on **020 8877 1200**.

Respite & Advice Services

Our **Respite Service** is still up and running for Carers who may wish to use it. Our **Advice Service** is also still available via telephone to support you with any issues you may have including benefits and housing. If you would like to book a **Respite Assessment** or an appointment with one of our **Advice Workers**, contact us at support@wandsworthcarers.org.uk or call us on **020 8877 1200**.

Staying in the UK after Brexit Apply to the EU Settlement Scheme by 31 December 2020

This applies if you are:

- An **Irish citizen** who has family who are not British or Irish Citizens who live with you, then your family need to apply to the EU Settlement Scheme or for Irish citizenship.
- A **British citizen** with family who are not British or Irish Citizens, then your family should apply for the EU Settlement Scheme.
- A citizen of a country in the **EU, European Economic Area or Switzerland**.
- A citizen of a country **outside** the EU, European Economic Area or Switzerland.

Apply online at: www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status

For more information:

EU Settlement Resolution Centre: **0300 123 7379**

Citizens Advice Wandsworth: **0300 330 1169**

Domestic Violence and Covid-19

As a result of Coronavirus outbreak, many victims of Domestic Abuse face additional challenges and barriers to accessing support. While self-isolating, families will spend extended periods of time together and it is recognised that controlling behaviour and/or tensions may rise, escalating the risk of abuse and violence. If you are currently experiencing domestic abuse, you are not alone, and we would like to reassure our residents that support services are still available to offer help. If you are not sure if you are experiencing domestic abuse call this freephone number – **0808 168 9111**.

Waste Collections

Queries have been raised by Carers about bulky waste collections. The following website will take you to information from Wandsworth Council: www.wandsworth.gov.uk/rubbish-and-recycling/bulky-waste-and-diy-waste-collections/book-a-bulky-waste-collection/. There is a difference between 'Bulky' and 'DIY' collections, which you will need to know before booking a collection and there is also a charge. You can also do a search for 'Bulky Waste Collection' and a number of different organisations will appear. For more information call **Wandsworth Council** on **020 8871 6000**.

GOODGYM

Goodgym is a registered charity providing a telephone befriending service for isolated people over 60. They are also providing volunteers for shopping deliveries and prescription pickups. Please contact us if you would like to access their services and we will refer you on to them. Please call us on **020 8877 1200** on Monday to Friday from 9.30am to 5.30pm.

ORCHID MENTAL HEALTH EMERGENCY SERVICE

SWLSTG Mental Health Trust have opened the **Orchid Mental Health Emergency Service**. This service is for patients of all ages with mental health problems who would otherwise have had to go to A&E. Please find all the information on the service on the Trust's website: www.swlstg.nhs.uk/our-services/find-a-service/service/orchid-mhes. If you would like to find out more about the service but do not have access to the website, please contact us at **Wandsworth Carers' Centre** on **020 8877 1200** or email info@wandsworthcarers.org.uk.

MONTHLY CARERS ASSESSMENT SURGERY FOR MENTAL HEALTH CARERS

Wandsworth Carers' Centre are working jointly with **Adult Social Services** to provide monthly Carers Assessment surgeries. If you are caring for someone with a mental health condition and would like to have a Carers Assessment, please call us on **020 8877 1200** or email abi@wandsworthcarers.org.uk to book your appointment. We are able to offer you the assessment over the phone or via online video calling – whichever you would prefer. For more information about the benefits of having a Carers Assessment, go to www.wandsworth.gov.uk/health-and-social-care/adult-social-care/adult-social-care-information-and-advice/looking-after-someone/carers-assessments/.

CARERS POETRY AND SHORT STORIES

Do you enjoy writing poetry or short stories in your spare time? Have you had more time recently to spend on writing? Maybe you've always fancied giving it go?

If so we'd love you to send them to us to share with other Carers on our social media platforms and website. We would also like to include them as a regular piece in our newsletter.

If you would like to submit something, please send it, freepost, to: Wandsworth Carers' Centre, FREEPOST RTLL-HTRG-BTXS, London SW18 4ZZ.



IT'S QUIZ TIME

Wednesday 10th June on Zoom at 3pm

Come and join us for a **Wandsworth Carers Quiz Special**. Prizes are up for grabs and there will be questions that will get you thinking!

To sign up please email **Hannah** at hannah@wandsworthcarers.org.uk.

If you are not able to access Zoom and would like to join in, please contact **Hannah** on **020 8877 1200** or email on hannah@wandsworthcarers.org.uk.

WANDSWORTH SOCIAL

A virtual meeting space for Male Carers
on Monday 8th June 2020
from 11.30am to 12.30pm via Zoom

Join us for a virtual meeting for Male Carers

Meet with other Carers, share experiences, hobbies and interests in a fun and informal way!

If you would like to take part but don't have the option of using an online platform please let us know. Call us on **020 8877 1200** to find out more.



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. Please note that our Support Groups will be taking place via Zoom during the Coronavirus pandemic.**



PEER SUPPORT GROUPS THROUGH OUR WANDSWORTH OFFICE

Carers of People With Learning Disabilities: Held on the 2nd Tuesday of every month from 11.30am to 1.30pm. **Upcoming Meetings: 9th June (Talk Wandsworth – Self-confidence and Assertiveness for Learning Disability Carers via Zoom from 11.30am to 12:30pm) and 14th July 2020 (session via Zoom).**

Carers of Adults Who Experience a Mental Illness: Held on the 2nd Thursday of every month from 2pm to 4pm. **Upcoming Meetings: 11th June and 9th July 2020.**

Carers of Older People: Held on the last Wednesday of every month from 11am to 1pm. **Upcoming Meetings: 24th June and 29th July 2020.**

Former Carers: Held on the last Wednesday of every month from 2pm to 4pm. **Upcoming Meetings: 24th June and 29th July 2020.**

Carers of People on the Autistic Spectrum (incl. Asperger's): Held on the last Thursday of every month from 6.30pm to 8pm. **Upcoming Meetings: 25th June and 30th July 2020.**

Coffee Club – Wandsworth: Held on the last Thursday of every month from 11am to 1pm. **Upcoming Meetings: 25th June and 30th July 2020. This group is open to all Carers and the person / people you Care for.**

PEER SUPPORT GROUPS THROUGH OUR BALHAM OFFICE

Asian Carers' Support Group: Held on the 2nd Tuesday of every month from 2pm to 4pm. **Upcoming Meetings: 9th June and 14th July 2020.**

Coffee Club – Balham: Held on the 3rd Friday of every month from 10.30am to 12.30pm. **Upcoming Meetings: 19th June and 17th July 2020. This group is open to all Carers and the person / people you Care for.**

PEER SUPPORT GROUPS FOR CARERS OF PEOPLE WITH DEMENTIA

Carers of People with Dementia: Held on the 2nd Wednesday of every month from 11am to 1pm. **Upcoming Meetings: 10th June and 8th July 2020** via Zoom. Please email eglionna@wandsworthcarers.org.uk if you would like to take part.

Evening Support Group for Carers of people with Dementia: Held on the 3rd Thursday of every month from 6pm to 7.30pm. **Upcoming Meetings: 18th June and 16th July 2020.**

DEMENTIA CAFÉS

The Sunflower Café – Supporting Dementia in Putney: Held on the 1st Saturday of every month from 1.30pm to 3pm. **Upcoming Meeting: 4th July 2020** via Zoom. For more information please email georgia@wandsworthcarers.org.uk or call our main office number on **020 8877 1200.**

OTHER CARER SUPPORT GROUPS

Mental Health Carers Group: Held on the 3rd Wednesday of alternate months from 1.30pm to 3pm. **Upcoming Meeting: 24th June 2020.** Contact via telephone only for the time being. Sarah is in regular contact with group members. If you are new to the group and would like to join or for more information please ring Katherine Low Settlement on **020 7223 2845** or email admin@klsettlement.org.uk and leave a message for Sarah and she will get back to you.

Transitions Carers Support Group – Learning Disabilities: The group is run by Jane Delaney, a Carer. Held on the last Wednesday of every month at One Trust, 21 Church Lane, London SW17 9PW. For more information, please contact Chris at One Trust on **020 3096 9138.**

Wandsworth Carers' Centre

