

CARERS CONNECT

The Newsletter for Carers in Wandsworth

Issue 30 August-September 2020



Wandsworth Carers' Centre



Update from Wandsworth Carers' Centre

Our offices remain closed to Carers

However this is under constant review and we will keep you updated. We are still here to support Carers though and many of our services are still accessible to you. You can contact us on **020 8877 1200** or email support@wandsworthcarers.org.uk.

Would you be interested in outdoors Carers Groups?

At the moment we are still unable to hold any of our groups within our buildings and have been providing groups and activities via **Zoom**. We would like to know if Carers would be interested in meeting outdoors in one of the many local spaces available; all guidelines would be strictly followed in relation to social distancing, etc. If this is something you would be interested in, please let us know!



You can now access all of our Zoom groups and activities without a computer!

Carers who would like to join in with our **Zoom** sessions can now dial in using their landline or mobile phone at absolutely no cost.

If you would like more information on how to do this, contact our office on **020 8877 1200**.

Our Brand NEW Website is Launching this Month

Our brand new website will be launching at the end of July. You will be able to find advice & information, sign up for events and activities and get involved with our interactive online resources.

You can access our NEW website from 31st July 2020

Kew Gardens Trip



We will be arranging 2 trips to **Kew Gardens** over the next couple of months. This trip is for Carers only and dates are to be confirmed. There will be very limited availability for these trips so we will be picking names at random to fill the spaces. If you would like to add your name to the draw please call us on **020 8877 1200**.

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.

SELF-CONFIDENCE AND ASSERTIVENESS WORKSHOP

Monday 17th August from 12 to 1.30pm including a 10 minute comfort break. **OPEN TO ALL CARERS**

This workshop aims to help you increase your confidence, develop effective assertiveness skills and create achievable goals. The session also includes:

- Focus on empowering and increasing self-confidence
- Challenge unhelpful beliefs
- Develop new skills to overcome barriers to confidence
- How to create achievable goals for developing confidence and assertiveness
- Explore communication styles that develop effective assertiveness skills
- Setting boundaries and expressing our needs and feelings

POSITIVE LIVING WORKSHOP

Tuesday 18th August from 12 to 1.30pm including a 10 minute comfort break. **OPEN TO ALL CARERS**

This workshop includes:

- Discuss the building blocks of happiness and wellbeing
- Explore the five areas of wellbeing and their role in the development of resilience
- Explore practical skills and techniques to increase the levels of life satisfaction and happiness
- Discuss themes such as optimism, gratitude, curiosity, finding meaning, acceptance and courage.
- The workshop will be held in two sessions to allow for discussion and reflection

POST-LOCKDOWN WELLBEING WORKSHOP PART 1

Monday 24th August from 12 to 1.30pm including a 10 minute comfort break. **OPEN TO ALL CARERS**

This workshop includes:

- Exploring changes you may have experienced since the transition from lockdown has started.
- Resilience is one's ability to cope with change. To be able to be resilient during difficult situations one must have self-awareness, self-care, positive relationships and mindfulness.
- Promoting understanding of how negative thinking styles and behaviours can influence your ability to positively cope with change.
- Various skills such as the STOP skill, graded exposure and challenging negative thoughts are discussed to help face negative thoughts and fears that one may have about the current transition.
- Understanding how to maintain positive relationships
- The five areas of wellbeing are discussed to highlight the importance of self-care, followed by a mindfulness practice to facilitate awareness of the present moment.

To book on any of these sessions call our office on 020 8877 1200 or email abi@wandsworthcarers.org.uk. By signing up to these sessions, you give permission for Wandsworth Carers' Centre to share your contact details with Talk Wandsworth in relation to the workshop. A Talk Wandsworth practitioner will contact you between 9.30 and 10.30am on the day of the workshop to complete a pre-course questionnaire.

**Mental Health Group
Guest Speaker**

The next Mental Health Peer Support Group is on Thursday 13th August at 2pm via Zoom

We have trainee clinical psychologist **Ryan Woolhouse** coming to run a workshop with the group, focusing on clinical terminology, breaking down barriers between professionals and Carers. If you have any specific topics or questions you would like answered by Ryan, please email Hannah (hannah@wandsworthcarers.org.uk) beforehand and she will let Ryan know. Call 020 8877 1200 to sign up.

WRITERS GROUP

The first Wandsworth Carers' Centre **Writers Group** will be held from 10.30am to 12pm on Thursday 20th August on Zoom. The group is suitable for beginners and improvers in creative writing. The first session will focus on using sensory details in your writing. Please have a notebook or writing paper ready for the session. Please email Anita (anita@wandsworthcarers.org.uk) or ring the Wandsworth office on 020 8877 1200 to register for the group.

Laughter Yoga Sessions

A SERIOUSLY GOOD WORKOUT FOR THE MIND & BODY!

Laughter Yoga is a fun activity that is guaranteed to put a smile on your face. It combines laughter exercises with yoga breathing techniques. No



experience is necessary and anyone can do it. To be held from 11am to 12pm on Mondays 7th September, 21st September and 5th October 2020.

Call 020 8877 1200 to book

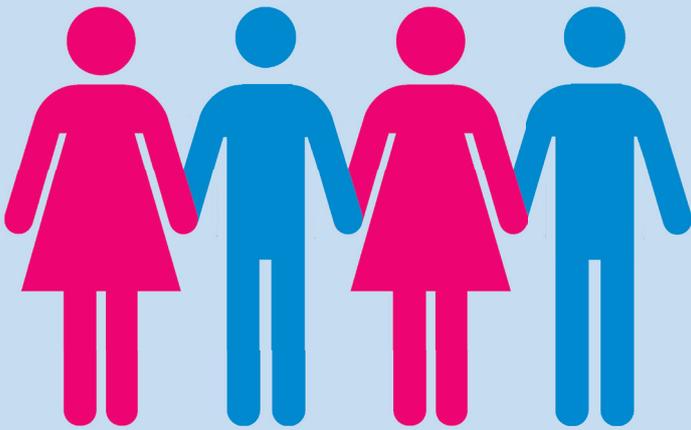
Evening Dementia Zoom Support Group

A welcoming friendly environment

Offering Carers the chance to take time for themselves, meet other Carers and share experiences.

Taking place on the 3rd Thursday of every month from 6 to 7.30pm.

Next Meeting: 20th August 2020.



Support is available to set up Zoom and during the week of the Support Group, all Carers signed up will be emailed the link/invite to the meeting. Email georgia@wandsworthcarers.org.uk to sign up or to request more information.

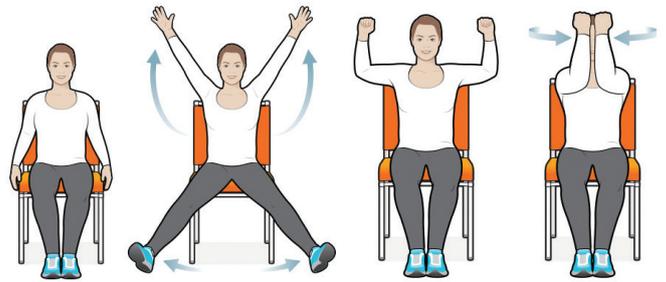
Wandsworth Carers' Centre Information and Advice Service

Don't Miss Out: Book an appointment with an Information and Advice Worker for support to complete benefit forms or for benefits advice. Please contact the Carers' Centre on **020 8877 1200**.

This service is in high demand. If you require help to fill in a benefit form, please contact us as soon as possible to book an appointment.

Important Point: Please note the date on the letters you receive, as timelines for sending information back to a benefits department, are based on the date listed on the letter, not the date you receive the letter.

If you want to check your benefits entitlements you may also wish to use one of the following websites
www.entitledto.co.uk and
www.gov.uk/benefits-calculators



Dementia Activities Zoom Hour

These take place on the third Friday of each month from 2 to 3pm

DATES AND ACTIVITIES:

Friday 17th July

BINGO!

Friday 21st August

Chair Exercise and Dance

Friday 18th September

Memory and Mindfulness

If you care for a person with dementia and you both would like to meet others in a similar situation for an afternoon of fun activities.

Please sign up!!

To sign up, please email Anita Goveas at anita@wandsworthcarers.or.uk.

Support is available to set up Zoom



Join Us For



AFTERNOONS

Taking place via Zoom on

Thursday 6th August at 3pm

Tuesday 25th August at 3pm

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!

Call 020 8877 1200 to sign up

BE IN IT TO WIN IT!!

Sunflower Café Dementia Carers Zoom Support Group

The Sunflower Café Dementia Carers Zoom Support Group takes place on the first Saturday of each month, via Zoom at 2.30pm.



If you care for a person living with dementia and would like to speak with other dementia Carers while receiving professional advice and support from the Dementia Carers Support Officer, please join our friendly Zoom Support Group.

Support is available to set up Zoom and during the week of the Support Group all Carers signed up will be emailed the link/invite to the meeting.

Email georgia@wandsworthcarers.org.uk to sign up or to request more information.

Monthly Yoga Class

Ciara, from The Yoga Mela, will be delivering a free monthly yoga class to Wandsworth Carers. The Class will fall on the 3rd Tuesday of the each month at 11am. The upcoming class dates are:

**Tuesday 18th August
from 11am to 12pm**

**Tuesday 15th September
from 11am to 12pm**

These classes will be gentle yoga accessible for all fitness levels.

Ciara recommends having chair, cushion, blanket and a belt to hand in order to support different postures.

Please sign up by emailing Abi McNeil at abi@wandsworthcarers.org.uk or by calling 020 8877 1200.





**coordinate
my care**

Urgent Care Plan

Coordinate My Care

As a patient you may well have views about your future care: what you would like to happen, where you want to receive care, and even things you would like to avoid. **Coordinate My Care (CMC)** is an NHS service that can help you record your views and wishes within an electronic personalised urgent Care Plan.

This Care Plan can be seen by doctors, nurses, people providing you with social care and Emergency Services to help them understand the choices you have made about your care. Emergency Services include the Ambulance Service, NHS 111 telephone service, and the out-of-hours GP service. To find out more about how you can make your plan, call, us **020 8877 1200**.

Get involved with Wandsworth Carers' Centre

Volunteer for Us

We are always looking for enthusiastic volunteers who are able to offer their time and skills and would like to join our team. Whether you want to gain experience, take steps to going back to employment or give something back to the community, we regularly have volunteering opportunities available including office admin, therapists and social media roles. Similarly, if you, or a member of your family or a friend, would like to offer your particular skill, perhaps in the form of a workshop or group, we'd love to hear from you!

Carer Representatives

Carer Involvement can bring enormous benefits for staff, services and individuals. Carer representatives are recruited to represent Carers in general, or from a specific group, for example, mental health Carers. We are looking for Carers who are interested in giving a voice to Carers to become part of a Carer representative steering group. The aim of this group is to bring Carer representatives together to discuss the issues that need highlighting, to find out what is working well locally and to take part in local meetings to represent the needs of Carers.

PEER SUPPORT GROUP FOR SUBSTANCE MISUSE CARERS

Self-Care for Carers – via Zoom
Date: August 6th
Time: 1 to 2pm

Following on from the Talk Wandsworth session on Putting Self-Care into Caring, Carers are invited to share advice and tips on how to balance your own needs with the needs of the person you care for. All are welcome, whether or not you were able to attend the previous session. If you would like to attend, drop an email to sarah@wandsworthcarers.org.uk for info.

PEER SUPPORT GROUP FOR AUTISM/ ASPERGER'S CARERS

August meeting via Zoom
Date: August 27th
Time: 6.30 to 8.30pm

Open Group – come and share how you are coping as lockdown restrictions are eased.

September Meeting via Zoom
Autism/Asperger's:
Your Questions Answered
Date: September 24th
Time: 6.30 to 8.30pm

*What is autism? What causes it and is it becoming more common?
How is it diagnosed and what treatments are available? How can I get help for my autistic child?*

Wandsworth's newly-established **Autism Advisory Service** will attend the session to offer expert advice on the latest research findings.

If you would like to attend either or both of these groups, send an email to sarah@wandsworthcarers.org.uk for info.

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 AND BALHAM OFFICES

Carers of People With Learning Disabilities:

Held on the 2nd Tuesday of every month from 11.30am to 1.30pm. **Upcoming Meetings: 11th August and 8th September 2020** (via Zoom). To sign up email anita@wandsworthcarers.org.uk.

Carers of Adults Who Experience a Mental Illness:

Held on the 2nd Thursday of every month from 2pm to 4pm. **Upcoming Meetings: 13th August and 10th September 2020** (via Zoom). To sign up email hannah@wandsworthcarers.org.uk.

Carers of Older People: Held on the last Wednesday of every month from 11am to 1pm. **Upcoming Meetings: 26th August and 30th September 2020** (via Zoom). To sign up email kamal@wandsworthcarers.org.uk.

Former Carers: Held on the last Wednesday of every month from 2pm to 4pm. **Upcoming Meetings: 26th August and 23rd September 2020** (via Zoom). To sign up email info@wandsworthcarers.org.uk.

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: 27th August and 24th September 2020** (via Zoom). To sign up email sarah@wandsworthcarers.org.uk.

Coffee Club – Wandsworth: Held on the 3rd Friday of every month from 10.30am to 12.30pm. **Upcoming Meetings: 21st August and 18th September 2020** (via Zoom).

This group is open to all Carers and the person / people you Care for. To sign up email quyen@wandsworthcarers.org.uk.

Asian Carers' Support Group: Held on the 2nd Tuesday of every month from 2pm to 4pm. **Upcoming Meetings: 11th August and 8th September 2020** (via Zoom). To sign up email kamal@wandsworthcarers.org.uk.

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: 12th August and 9th September 2020** (via Zoom). Email eglionna@wandsworthcarers.org.uk if you would like to take part.

Evening Support Zoom Group for Carers of people with Dementia: Held on the 3rd Thursday of every month from 6pm to 7.30pm. **Upcoming Meetings: 20th August and 17th September 2020** (via Zoom). For more information email georgia@wandsworthcarers.org.uk to sign up or to request more information.

DEMENTIA CAFÉS

The Sunflower Café – Supporting Dementia in Putney: Held on the 1st Saturday of every month at 2.30pm. **Upcoming Meetings: 1st August and 5th September 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: 19th August 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 call Katherine Low Settlement on **020 7223 2845** and leave a message for Sarah or email admin@klsettlement.org.uk.

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. **Upcoming Meetings: No meetings at the moment due to Coronavirus.** For more information, please contact Chris at One Trust on **020 3096 9138**.