

CARERS CONNECT

The Newsletter for Carers in Wandsworth

Issue 31 October-November 2020



Wandsworth Carers' Centre



Dear Carers,

I was hoping to be able to give you information here about our plans to start to offer a limited face-to-face service, but given the latest Government advice our plans to do this are now on hold.

I know that as we move into autumn some of you are concerned about the continued restrictions on your ability to access services and meet friends and family. Please remember we are still open and providing the majority of the services that we offered pre-Covid.

We are answering phones between 9.30am and 5.30pm, answering emails, providing information advice & advocacy, counselling, peer support groups and wellbeing calls, training and events. As many of you know we are offering different activities over video calls but did you know you can now dial into these services for FREE? If you would like to dial in please let us know and we will give you details of how to join the activity of your choice.

Eglionna

Keeping Everyone Safe

If you need to drop papers off at the Carers' Centre please only do so if you and your family are all well and free from any Covid symptoms and no one in your household has been asked to self-isolate. Don't worry if you are concerned about a deadline for completion of a form, just please ring us instead of coming to the Centre and we will support you over the phone and, if need be, negotiate an extension of the deadline.



Joint Eid and Diwali Celebrations via Zoom

You are **ALL** welcome to celebrate the joint **Eid and Diwali** celebrations **via Zoom** on **Tuesday 13th October from 2pm**. There will be popular readings from all faiths from Carers, and we will confirm any speakers nearer the time.

To book a place at the Zoom event please either telephone our office on **020 8877 1200** or email **kamal@wandsworthcarers.org.uk**.

Flu Vaccine

As winter approaches, it's now time for those most at risk from flu to protect themselves and their families and to have the flu vaccine. This year flu clinics will be taking place in locations all over the borough and it's more important than ever to ensure that those most at risk get vaccinated. GPs are encouraging eligible groups to have their free flu vaccination this winter. This includes pregnant women, people over 65 years, children aged up to 10 years old and adults with underlying health conditions.

If you receive **Carer's Allowance** you are eligible for a **free flu jab** on the NHS. You will also be eligible if you are the **primary Carer** for someone who can't look after themselves. You may still be eligible even if you don't live with the person you care for.

If you are worried about having the flu vaccine and would like to have the opportunity to ask a pharmacist questions about the vaccine please let us know as we are organising a workshop with a qualified pharmacist to answer all your questions.

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.

Men's Exercise Programme

*Feeling disconnected and stuck,
with the same routine each day.
We have the programme for you.*

Don't Tone Alone are hosting a 6-week male-specific health and well-being group for Carers. **We want to invite you.**

Come and join the group and give yourself some time to focus on getting healthy and meeting other Carers. If you would like to join the group, please call **Wandsworth Carers' Centre** on **020 8877 1200** or email **hannah@wandsworthcarers.org.uk**.



Monthly Strength and Mobility Class Accessible Yoga for All

'Life is very stressful at the moment and this interlude really helps me to take time out and concentrate on one thing rather than the usual juggle that my mind is doing.'



Yoga from the comfort of your own home!

Ciara from **The Yoga Mela** will be delivering a **FREE** online monthly yoga class to Carers in Wandsworth **via Zoom**. Classes will be held on the 3rd Tuesday of the month **from 10.45 to 11.45am**. The upcoming class dates are **Tuesday 20th October** and **Tuesday 17th November 2020**. These classes will be gentle yoga, accessible for all fitness levels. Ciara recommends having a chair, cushion, blanket and belt to hand in order to support different postures. Please call **020 8877 1200** or email **abi@wandsworthcarers.org.uk** to sign up.

New Staff Introduction



Hi everyone, my name is **Badar Islam**, and I joined Wandsworth Carers' Centre in August 2020 working full-time as a Receptionist and Administrative Worker, based in the Wandsworth office. I will also be supporting our energetic and fabulous team of Volunteers.



Connecting Carers Digitally

We would like to support you to get connected with the ever growing virtual world

With the impact of Covid-19 meaning that services are running a lot of their support via digital platforms, we want to ensure that our Carers are able to still access these services.

We have recently been awarded a grant from **Carers Trust** to provide 25 Carers with internet for a year and 22 Carers with a new Tablet.

We will also be running monthly **Connecting Carers Digital Workshops** to support you with your new technology and answer any questions you may have.

If you have been struggling with your current device or if you are unable to access online services because you do not currently have internet or a device to access them through, these Workshops are for you.

Our first workshop is running on **Tuesday 29th September 2020 from 2 to 3pm** - to sign up or to find out more about the **Connecting Carers** scheme and how you could access the free internet or a free tablet device, please contact us on **020 8877 1200** or email **hannah@wandsworthcarers.org.uk**.

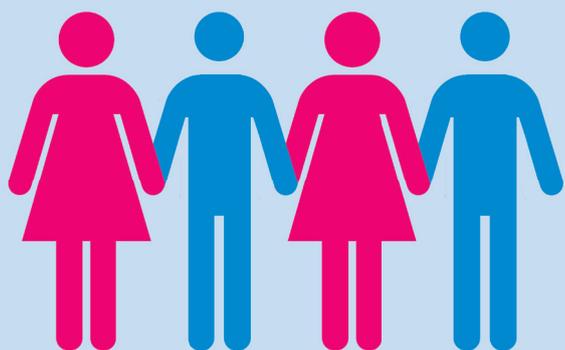
Evening Dementia Zoom Support Group

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: 15th October 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.

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.

WRITER'S GROUP

The next Wandsworth Carers' Centre's **Writer's Groups** will be held from 10.30am to 12pm on **Thursday 15th October and 19th November 2020** on Zoom. The group is suitable for beginners and improvers in creative writing. The next sessions will focus on developing characters and creativity. Please bring a notebook or writing paper to the sessions. Email [Anita \(anita@wandsworthcarers.org.uk\)](mailto:Anita@wandsworthcarers.org.uk) or call **020 8877 1200** to register for the group.

I could be like a ...

... photograph frame. I can remember my life being unpacked from a brown cardboard box, unwrapped by noisy people, dusted, priced and put on a shop shelf where people manhandled me until I was bought and thought would be nurtured by someone who really wanted me. Until I was wrapped again and placed in a carrier bag. I felt unloved for a while, just a rigid frame with an uncompromising border and no-one dusting me. People forgot about me, put me in an insignificant corner waiting for the 'right' photograph. However realising I can be dismantled with care and a favourite photograph put in place, I become flexible with different photographs inside me discovering different emotions and feelings. All of a sudden I'm alive, handled with love and displayed in an important place.

Avril Gabbay (Carer)

Dementia Activities Zoom Hour

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

DATES AND ACTIVITIES:

Friday 16th October - BINGO!

Friday 19th November - Chair Exercise and Dance with Hannah Bailes

If you are registered with us as a Carer of someone with dementia, please email **Anita** at anita@wandsworthcarers.org.uk (Monday to Wednesday) or **Georgia** at georgia@wandsworthcarers.org.uk (Monday to Friday) or ring the Wandsworth office on **020 8877 1200** to register for the activities.

Planning for Tomorrow Project

Has your caring role recently ended due to a bereavement?



Planning for Tomorrow is a 6 month project offering workshops and social activities to bereaved Carers over the age of 60. We will be exploring life after caring and the paths Carers might want to take.

In addition to these workshops, we will host a range of monthly social activities.

For more information or to sign up, please call 020 8877 1200.

CAREFREE BREAKS

Carefree breaks are preparing to open back up after lockdown. Thanks to the generosity of hoteliers and holiday cottage owners, Carefree are able to offer short breaks at minimal cost for full-time unpaid caregivers in need of a break.

There are two options:

HOTEL - 3 nights with 1 adult companion. Twin room. Breakfast included.

HOLIDAY COTTAGE - 7 nights with 1 adult companion and/or 2 children. Self-catering.

To qualify for a Carefree break, you must be:
Aged 21 or over

A full-time unpaid Carer (35+ hours per week)

Able to arrange interim care

Able to pay for extras (travel, food, etc)

If you are interested in being referred for a Carefree break, please contact us on 020 8877 1200 or email info@wandsworthcarers.org.uk.

FIT BY PHONE PROGRAMME

Wandsworth Carers' Centre, in partnership with Don't Tone Alone, is offering Carers a place on a 6-week Fit By Phone programme to help improve mindfulness nutrition and general health. Fit By Phone will guide participants through a 6-week programme of mindfulness, nutrition and weight management, plus general health topics.

Courses start with introductions to the programme and to others participating in the group. Beneficiaries are provided with training materials in the form of downloadable resources that they can use during and after participating in the course. These resources will be provided as part of the course. The topics covered in the nutrition and weight management course are:

- Introductions
- Feelings about food
- What the body needs
- Salt, Alcohol and Hydration
- Planning for small changes
- Exercise and eating to refuel

If you would like a place on the course please call us on 020 8877 1200 or email hannah@wandsworthcarers.org.uk.

Carers Walk and Talk

Come along to our monthly Walk and Talk to meet other Carers, socialise and stay healthy.



Wimbledon Park

Wednesday 7th October 2020



Clapham Common

Wednesday 4th November 2020

If you would like to attend these walks, please contact Wandsworth Carers' Centre on 020 8877 1200 to put your name down and to receive details of the meeting point.

Calling on all unpaid Carers to take a survey on what support you need in your caring role!

The survey is part of a wider campaign **Carers Trust** are running later in the year. It will highlight:

- the UK's broken social care system.
- the failure of successive governments to properly fund social care.
- the severe pressure this is putting on millions of unpaid Carers.
- what support Carers need so they can continue in their caring role without becoming isolated, exhausted and at risk financially.

The **Carers Trust** survey aims to find out:

- what support unpaid Carers need from Government.
- The survey also asks how social care reform could support Carers more effectively.

The findings will help **Carers Trust** campaign to improve future support available to Carers. If you are an unpaid adult Carer please complete the survey and also please spread the word with any unpaid Carers you know. The survey is live and will run up to **18th October 2020**.

To complete the survey online please go to www.surveymonkey.co.uk/r/carerstrustautumn.

FOCUS GROUPS

We would like to invite Carers to our upcoming **Focus Groups**. We run focus groups to work together with Carers to talk about their support needs. Within these groups we aim to find out what kind of support is needed and discuss how that support could be delivered.

Parent Carers Focus Group

Tuesday 27th October 2020 from 10.30 to 11:30am

Are you a parent or Carer of a child under 18 who has a disability, health condition or additional needs? If the answer is yes, we'd like to hear from you. We are inviting parent Carers to work along side us to co-design a new parent Carer support programme, including a support group. We want to hear about what is needed to support parent Carers and to work together to design a service that can best meet those needs.

Carers Passport Focus Group

Thursday 29th October 2020 from 11am to 1pm

A Carer Passport is a record which identifies a Carer and sets out an offer of support, services or other benefits in response. A Carer Passport helps to improve and embed identification, recognition and support for Carers in the day-to-day life of an organisation or community. We will lead on developing a Carer Passport scheme in our organisation and across the local community. Carers themselves will be at the heart of the development of this scheme and will be involved in co-production from the start of the process. We will work in partnership with Carers to identify how the Carers Passport can best support Carers locally.

LGBT+ Focus Group

Thursday 12th November 2020 from 11am to 12.30pm

Come and join us for our new LGBT+ Focus Group and help co-design this new peer support group.

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

Peer Support Group for Carers of People with Autism/Asperger's over Zoom

Talk Wandsworth Workshop

When: Thursday 26th November from 6.30pm to 8.30pm

Topic: Autism-friendly Festivities – Practical and psychological strategies to make Christmas more manageable

The holiday season can be a particularly challenging time for those families with children or adults on the autism spectrum.

This workshop will cover coping with stress, how to maintain reasonable expectations, setting up boundaries and how to be more assertive. We will learn how to utilise self-compassion, gratitude and savouring life as well as the importance of self-care so we all can enjoy the holidays, including ourselves.

To reserve your place, please email sarah@wandsworthcarers.org.uk.



Please join **CONNAUGHT OPERA**

(Maria Arakie, Glenn Wilson, pianist Nicholas Bosworth)

For **ANYTHING GOES - ONLINE FUN**

Hosting on Zoom, **Connaught Opera** will be presenting a concert LIVE from the magnificent Octagon Room, Orleans Gallery, Twickenham, followed by a LIVE chat between you and the artists!!

We can't wait to catch up with our dear friends once more.

MONDAY 12th OCTOBER 2020 at 2.00pm

Please sign up at enquiries@maria-arakie.com to get a link / code. Everything starts at 2.00pm (and you don't even have to leave your living room!!!).

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: 13th October and 10th November 2020** (sessions 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: 8th October and 12th November 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: 28th October and 25th November 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: 28th October and 25th November 2020** (sessions 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: 29th October and 26th November 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: 16th October and 20th November 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: 13th October and 10th November 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: 14th October and 11th November 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: 15th October and 19th November 2020** (via Zoom). For more information email georgia@wandsworthcarers.org.uk to sign up or to request more information.

DEMENTIA CAFÉ

The Sunflower Café – Supporting Dementia in Wandsworth: Held on the 1st Saturday of every month at 2.30pm. **Upcoming Meetings: 3rd October and 7th November 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: 21st October 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: **Upcoming Meetings: No meetings at the moment due to Coronavirus.** For more information, please contact Chris at One Trust on **020 3096 9138**.