

CARERS CONNECT

The Newsletter for Carers in Wandsworth

Issue 33 / February-March 2021



Wandsworth Carers' Centre



South West London

Asymptomatic Covid testing for Wandsworth Carers

Wandsworth Carers can now apply for a rapid COVID-19 test. The quick and easy test is for people who are asymptomatic – i.e. NOT experiencing symptoms.

One in three people who have coronavirus never show any symptoms but that does not mean they are not infectious.

The Lateral flow Tests mean people with no symptoms can check if they have the virus.

This means Carers can be certain they are not passing the virus on to the person they care for. The rapid turnaround tests can give results in under an hour, without the need for laboratory processing. Carers are encouraged to book themselves in twice a week for a test.

The lateral flow testing is in addition to the symptomatic testing (sometimes called PCR Testing) in Wandsworth that is already available for those displaying COVID-19 symptoms. If you are **NOT** displaying any COVID-19 symptoms and need a test, go to: www.wandsworth.gov.uk/book_lateral_flow_test (if you have access to the internet) or call **020 8891 1411** (if you do not).

This testing is entirely voluntary. Booking is essential to reduce the spread of the virus through the community. **You must not come to a test centre if you have COVID-19 symptoms. If your rapid test result is positive you must take a confirmatory PCR test as soon as possible after your result and must self isolate immediately for 10 days.**

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 Wednesday of the month **from 11am to 12.00pm**. The upcoming class dates are **Wednesday 17th February 2021** and **Wednesday 17th March 2021**. 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. To sign up please call **020 8877 1200** or email abi@wandsworthcarers.org.uk.

YOU ARE INVITED TO JOIN US FOR OUR

Carers Respite Consultation

on Thursday 16th February 2021
from 2 to 3.30pm via Zoom

We want to know about your respite needs! Have you used our Respite Service? Is it suitable for what you need? If you haven't used it, what are the reasons? **Take part and give us your feedback.**

Call us on **020 8877 1200** for more information and details of how you can get involved.

Wandsworth Carers' Centre, 46 Balham High Road, London 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.

Maintaining wellbeing during Covid via Zoom

23rd February 2021 from 12 to 1.30pm

OPEN TO ALL CARERS

This fun, creative and informative workshop aims to provide key skills to deal with the current Covid-19 crisis. It is understandable that you may feel stressed, anxious, low in mood among other negative feelings which may have a direct impact on your wellbeing. This workshop will cover:

- The 5 areas of wellbeing (physical, psychological, emotional, social and spiritual) to highlight ways to maintain positive wellbeing.
- How this crisis is impacting you personally; and learn to use strategies and skills to manage with the current situation.

Shielding from Covid: Managing Wellbeing via Zoom

9th March 2021 from 2 to 3.30pm

ASIAN CARERS SUPPORT GROUP

Feelings of uncertainty, loneliness and lack of control have been very prevalent during the coronavirus pandemic, especially so for many people who are shielding. In this workshop we are going to explore:

- The various experiences associated with shielding and discuss various practical strategies to maintain our wellbeing.
- Changes associated with no longer having to shield and explore strategies that can help us to go through this unsettling transition in a skilful and confident way.

Working Through Loneliness via Zoom

6th March 2021 from 12 to 1.30pm

OPEN TO ALL CARERS

Although most people experience feelings of loneliness at some point in their lives, the current circumstances have significantly increased this. The experience of loneliness is highly subjective; an individual can be alone without feeling lonely and can feel lonely even when with other people. This workshop will focus on:

- Increasing our awareness of the factors contributing to loneliness
- Exploring a range of practical strategies to work through these very common but draining and upsetting experiences.

Please email abi@wandsworthcarers.org.uk to sign up to any of the above workshops or call **020 8877 1200**. By signing up to this workshop, you are giving permission for us to share your details with Talk Wandsworth who are facilitating the sessions.

FREE Respite for Wandsworth Carers

If you are a Carer in Wandsworth, you can access **12 hours of FREE respite to use for shopping, meeting friends and taking some time for yourself.**

These FREE respite hours are currently available so please call Wandsworth Carers' Centre on 020 8877 1200 to book yours!

Laughter Medicine Sessions

Stressed? Tense? Need to Relax?

**Don't worry, be happy!
Laughter is the best medicine!**

A fun activity using Laughter Yoga principles 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.

Benefits: Reduces stress and tension, helps you feel energised, lifts the mood and boosts the immune system

When and Where: 11am to 12noon on Monday 1st February and Monday 1st March 2021. Please sign up beforehand by contacting Lisa on lisa@wandsworthcarers.org.uk or call 020 8877 1200.



I Thought It Was Just Me: Building Resilience to Guilt and Shame

Thursday 18th February 2021 at 11am

WORKSHOP OPEN TO ALL CARERS

The less we understand guilt and shame and how they affect our feelings, thoughts and behaviours, the more power they exert over our lives.

Guilt and shame are universal and unavoidable emotions; however, most of us cannot remember the time we openly talked about them. Although, we cannot permanently rid ourselves of guilt and shame, we can all develop the resilience to recognise these emotions, move through them constructively and grow from our experiences.

We will be doing a one-off session where we will explore self-care and practical skills and techniques that can help us to cope with these challenging emotions and allow us to develop a greater sense of life satisfaction.

The workshop facilitates self-awareness and understanding by promoting the recognition and labelling of these emotions and identifying our triggers and our personal vulnerabilities.

Please email info@wandsworthcarers.org.uk to reserve your place.

Relaxation Workshops

Thursdays 11th and 18th February and 4th and 11th March 2021 from 10.45 to 11.45am

You asked for more sessions with Rachel (qualified Hypnotherapist), and we are delighted to say that Rachel agreed and will be back to help you to de-stress and relax.



Relaxing can sound like an indulgence when you have a lot on your plate but it is key to your physical and mental health. Relaxation is the opposite of stress and a natural antidote to it. When we relax regularly we increase our ability to cope with stress and worry. By taking some time out to de-stress you're not only helping yourself but the person you care for too because you'll be a better you to share with them.

In these one hour sessions you will be guided through various visualisations and techniques to calm and de-stress you. You will also be given a five minute take home technique you can easily fit into your busy day.

Please call us on **020 8877 1200** or email info@wandsworthcarers.org.uk to book your place as places are limited. Please note, that you will be required to attend all three sessions.

healthwatch
Wandsworth

NHS

South West London
Clinical Commissioning Group

Staying Well Over Winter

Join an online workshop to share your views on healthcare access with the local NHS and Healthwatch

- Hear about the Pfizer/BioNTech and Oxford/AstraZeneca COVID-19 vaccines now available.
- Q&A with a pharmacist / Local GP
- Share your experience of healthcare during COVID-19

ASIAN CARERS SUPPORT GROUP
Tuesday 9th February 2021
at 2pm via Zoom
Sign up by emailing
abi@wandsworthcarers.org.uk
or calling 020 8877 1200

ALL CARERS
Tuesday 16th February 2021
at 11am via Zoom
Sign up by emailing
info@wandsworthcarers.org.uk
or calling 020 8877 1200



Bringing together Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth



Wellbeing Skills Sessions for Families, Friends and Carers of Someone with a Mental Health Issue



Families, friends and Carers of people living with mental health difficulties go through their own challenges. These four stand alone sessions offer a safe space to explore and learn in a group about your needs and strengths and learn skills to make the best of life

MS Teams webinar	To book one or more sessions contact: 020 3513 5818 or rchomelearning@swlstg.nhs.uk
Thur 25th February 10am to 11.30am	Being friends and family of someone with a mental health issue through the pandemic: challenges, opportunities and coping tools.
Thur 4th March 10am to 11.30am	What is recovery in mental health and what's it to do with families, friends and Carers?
Thur 11th March 10am to 11.30am	What can I expect from mental health professionals as a friend or family member? Why? Tips
Thur 18th March 10am to 11.30am	Introducing the key elements to planning for wellbeing

To book one or more sessions call **020 8877 1200** or email abi@wandsworthcarers.org.uk



Wandsworth Carers' Centre



Our values: Respectful Open Collaborative Compassionate Consistent www.swlstg-tr.nhs.uk

Writer's Group

The next Writer's Groups will be held from **10.30am to 12pm on Thursday 25th February 2021** and **Thursday 18th March 2021** on Zoom.

The group is suitable for beginners and improvers in creative writing. The next sessions will focus on editing and on maintaining a writing habit. Please make sure you have a notebook or writing paper handy for the session.

To register for the group, call Anita on **020 8877 1200** or email anita@wandsworthcarers.org.uk.

Special Celebration for Carers with People with Autism to mark National Autism Week



Theme: ASD – Difference not Disorder

Join parents/Carers, professionals and authors for a week of events on Zoom exploring autism's complexities and uniqueness and the impact of COVID-19

March 29th to April 1st 2021

Monday 29th March 2021 at 6.30pm
Relaxation and self-care for Carers/parents in the Pandemic

Tuesday 30th March 2021 at 6.30pm
How to bring up a happy autistic child. Times journalist and ASD parent Jessie Hewiston offers advice from her latest book

Wednesday 31st March 2021 at 10.30am
What services will Wandsworth offer after the Pandemic? Your chance to question the borough's ASD Inclusion Advisor and the head of the Autism Advisory Service

Thursday 1st April 2021 at 6.30pm
Caring for Girls and Young Women on the Autism Spectrum – emotions, hormones, gender and independence. A talk by Helen Eaton who is an autism and neurodiversity specialist

To sign up for any of these events and for updates about National Autism Week, email sarah@wandsworthcarers.org.uk or call **020 8877 1200**.

Dementia Activities Zoom Hour

For Carers of people with dementia and their cared for. Taking place on the 3rd Friday of each month from 2 to 3pm
Friday 19th February 2021 – Chair yoga
Friday 19th March 2021 – Sing-a-long

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



ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

COVID-19 Vaccination Scam Alert

Some people are receiving fraudulent calls and text messages offering the COVID-19 vaccination.

In some cases, people are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine. Doing so is likely to result in a charge being applied to their phone bill. In other cases, callers are offering the vaccine for a fee or asking for bank details.

Like other scams, the same rules apply;

- **Don't click** on links or attachments in unexpected texts, emails or instant messages.
- **Challenge** every request for your personal details.
- It doesn't matter what they say or what they know about you, **don't respond to unexpected phone calls**, hang up, take five then verify their claims via a trusted method. (such as the usual website or official phone number)

The vaccine is only available from the NHS and the NHS will contact you when it is your turn.

0The NHS will:

- **NEVER** ask you to press a button on your keypad or send a text asking you to confirm you want the vaccine.
- **NEVER** ask for payment for the vaccine or for your bank details.

If you believe you have been the victim of fraud or identity theft, you should report this directly to **Action Fraud** either online at www.actionfraud.police.uk/ or via phone **0300 123 2040**. Where the victim is vulnerable, report it to the **MPS** online or by calling **101**.

Go to <https://conversation.which.co.uk/scams/scam-nhs-covid-vaccine-text-message/> to see an example of a scam text message on behalf of **which.co.uk**.

COVID-19: SMS / Text message SCAMS

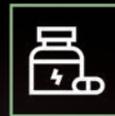
TOP 4 SMS SCAMS



Fake URL links claiming to link to GOV.UK website to claim supposed COVID-19 related payment



Lockdown fines suggesting you have breached lockdown



Offers of health supplements that will prevent you becoming infected



Financial support offers that appear to be from your bank

HOW DO SMS SCAMS WORK

Cyber criminals are preying on fears of the coronavirus and sending 'phishing' text messages that try and trick users into clicking on a bad link. Messages are short and simple and often claim to be from a known entity. Web links are harder to spot on a SMS as they are shortened so apply caution clicking on links!

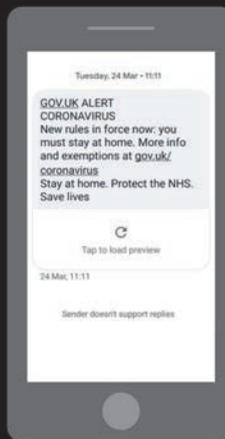
Sender of UK Government SMS:

Genuine text messages from the UK Government will only come from **UK_Gov**. You will only ever be directed to **GOV.UK/coronavirus**.

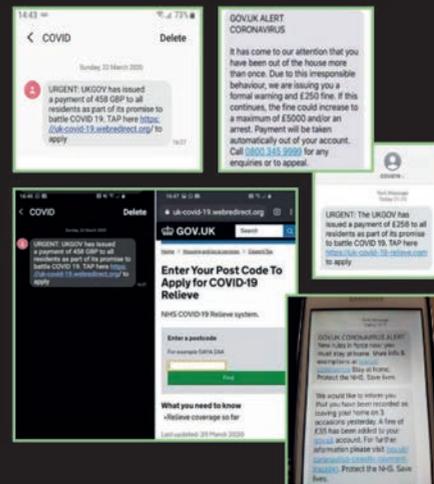
HOW TO VERIFY THE MESSAGE?

- 1 Challenge - Could it be fake? It's ok to reject, refuse or ignore any requests that don't feel right. Check **GOV.UK** to ensure it's genuine.
- 2 Be wary of text messages that try to get you to send money, or important personal information such as bank details or passwords.
- 3 Take a moment to stop and think before parting with information to keep you safe or your money.
- 4 Use official government websites and refer to 'Contact Us' sections of websites to access information and services.

GENUINE UK GOVERNMENT SMS



EXAMPLES OF SCAMS



RECOMMENDED STEP-BY-STEP ACTIONS TO TAKE

- ✓ Don't Respond
- ✓ Report the SMS Scam to Action Fraud
- ✓ Forward the message to 7726 ('SPAM' on a keypad)

FURTHER GUIDANCE AND SUPPORT

Public Sector Organisations: The Cabinet Office has formed a COVID-19 Fraud Response Team to assist the government with its counter fraud response. Requests for assistance should be emailed to: covid19-counter-fraud@cabinetoffice.gov.uk

Public: Please report to **Action Fraud**

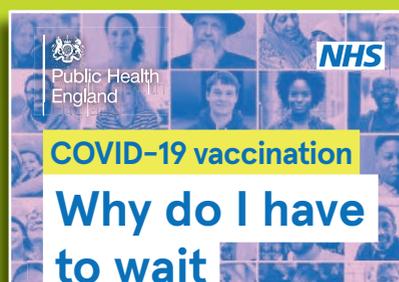


You cannot catch coronavirus from the COVID-19 vaccine



Covid-19 Guidance – please access the useful links in the table below for more information

A guide to your COVID-19 vaccination – easy-read resources	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/951000/PHE_11843_Covid-19_Easy-read_leaflet.pdf
COVID-19 vaccination publications – A guide for use	https://www.cheshireandmerseysidepartnership.co.uk/wp-content/uploads/2020/12/COVID-19_Vaccination_programme_publications_-_a_guide_for_use_edition-5-19-December_2020-version-5.pdf
Information for people who have had their first COVID-19 vaccination	https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination
COVID-19 vaccination: why you are being asked to wait	https://www.gov.uk/government/publications/covid-19-vaccination-why-you-are-being-asked-to-wait
Information for all women of childbearing age, those currently pregnant or breastfeeding on coronavirus (COVID-19) vaccination	https://www.gov.uk/government/publications/covid-19-vaccination-women-of-childbearing-age-currently-pregnant-planning-a-pregnancy-or-breastfeeding
COVID-19 vaccination: guide for older adults	https://www.gov.uk/government/publications/covid-19-vaccination-guide-for-older-adults
COVID-19 vaccination: what to expect after vaccination	https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination
COVID-19 vaccination: guide for healthcare workers	https://www.gov.uk/government/publications/covid-19-vaccination-guide-for-healthcare-workers
COVID-19 vaccination: a guide for social care staff	https://www.gov.uk/government/publications/covid-19-vaccination-a-guide-for-social-care-staff
COVID-19 vaccination program – Information for healthcare practitioners	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/951155/COVID-19_vaccination_programme_guidance_for_healthcare_workers_11_January_2021_V3.1.pdf

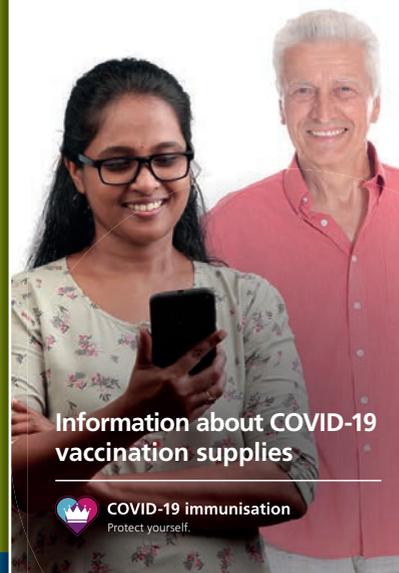


People most at risk from the complications of COVID-19 are being offered the vaccine first.

In the UK, there are two approved COVID-19 vaccines. They both require two doses to provide longer lasting protection. Both have been shown to be effective in clinical trials and have a good safety record.

An independent group of experts has recommended that the NHS first offers these vaccines to those at highest risk of catching the disease and of suffering serious complications or dying from COVID-19. This includes older adults in care homes and frontline health and social care workers.

When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.



You should have the vaccine when it is offered if you are:

- living in a care home for older adults
- a frontline health care worker
- a frontline social care worker
- a carer working in a care home for older residents

Then the vaccine will also be offered in age order to:

- those aged over 80 years
- those aged over 75 years
- those aged over 70 years
- adults on the NHS shielded patient list
- those aged over 65 years
- adults under 65 years with long term conditions (see list).

Those aged 50-64 will be offered it later.

Please wait your turn. If you are not in the groups above, you will have to wait for a COVID-19 vaccination until more supplies are available.

When more vaccine becomes available we will be offering it to more groups of the population.

Clinical conditions list:

- a blood cancer (such as leukaemia, lymphoma or myeloma)
- diabetes
- dementia
- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- a kidney disease
- a liver disease
- lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy)
- rheumatoid arthritis, lupus or psoriasis
- have had an organ transplant
- had a stroke or a transient ischaemic attack (TIA)
- a neurological or muscle wasting condition
- a severe or profound learning disability
- a problem with your spleen, eg sickle cell disease, or you have had your spleen removed
- are seriously overweight (BMI of 40 and above)
- are severely mentally ill

At the same time the vaccine will also be offered to:

- adults who provide regular care for an elderly or disabled person
- younger adults in long stay nursing and residential settings

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 OFFERED THROUGH OUR BALHAM OFFICE

Carers of People With Learning Disabilities: Held on the 2nd Tuesday of every month from 11.30am to 1.30pm. **Upcoming Meetings: 9th February and 9th March 2021** (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: 11th February and 11th March 2021** (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: 24th February and 31st March 2021** (via Zoom). To sign up email sarah@wandsworthcarers.org.uk.

Former Carers: Held on the last Wednesday of every month from 2pm to 4pm. **Upcoming Meetings: 24th February and 31st March 2021** (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: 25th February and 25th March 2021** (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: 19th February and 19th March 2021** (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: 9th February** (Topic: Staying well over Winter) and **9th March 2021** (Topic: Talk Wandsworth, How to Cope with Shielding) (via Zoom). To sign up email abi@wandsworthcarers.org.uk.

The Male Carers Group: Held on the 2nd Monday of every month from 11am to 1pm. **Upcoming Meetings: 8th February and 8th March 2021** (via Zoom). To sign up email quyen@wandsworthcarers.org.uk.

The deadline for the next Newsletter is Monday 8th March 2021

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 February and 10th March 2021** (via Zoom). If you would like to take part, please email eglionna@wandsworthcarers.org.uk.

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: 18th February and 18th March 2021** (via Zoom). For more information email laura@wandsworthcarers.org.uk to sign up or to request more information.

DEMENTIA CAFÉ

The Sunflower Café – Supporting Dementia in Putney: Held on the 1st Saturday of every month at 2.30pm. **Upcoming Meetings: 6th February and 6th March 2021** (via Zoom). For more information please email laura@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: 17th February 2021.** 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**.