

Carers Connect

The Newsletter for Carers in Wandsworth

Issue 34 / April-May 2021



Carers Week will soon be here!

7th to 13th June 2021

During Carers Week, in line with the government's roadmap, we will be hosting a number of online events, as well as outdoor events for groups of up to 30 people. In addition to these, we will be holding an event at the Civic Suite on 30th June to celebrate **25 years of Wandsworth Carers' Centre.**

We have been thinking about what events to put on during Carers Week and have come up with a few ideas: a poetry evening, Bollywood dancing, a picnic in the park and visits to outdoor attractions.

For our 25th anniversary event at the end of June, we have had suggestions of inviting Carers to perform at the Civic Suite; whether that's singing, dancing or any other kind of performance. But we would love to know what your thoughts and ideas are and what you would like to do during Carers Week and for our anniversary event, so please let us know by calling 020 8877 1200 or emailing info@wandsworthcarers.org.uk.

We look forward to hearing from you!

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 21st April 2021** and **Wednesday 19th May 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 Forum

on Thursday 29th April 2021
from 11am to 1pm via Zoom

We will be discussing respite and breaks services and we want to hear about your needs and experiences of accessing respite and breaks. Do you use a respite service?

Does it meet your needs? Have you tried to access a break but have not been able to? **Whatever your experience, we want to hear about it!**

Call us on 020 8877 1200 to sign up!



A Network Partner of
CARERS TRUST

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.

CONNECTING CARERS DIGITALLY

FREE COMPUTER WORKSHOPS

Would you like to connect with services and others digitally?

Do you have a computer or laptop but don't know how to use it?

Would you like to learn the basics of how to surf the internet, use email, attend zoom sessions?



Thursday 29th April 2021 at 11am and Friday 28th May 2021 at 2pm.
To sign up, contact Wandsworth Carers' Centre on 020 8877 1200.

Relaxation Workshops

Thursdays 1st, 8th, 15th and 22nd April 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.

6 WEEK HEALTHY LIVING PROGRAMME

Wandsworth Carers' Centre in partnership with Don't Tone Alone is offering Carers a place on a 6-week healthy living programme to help improve mindfulness, nutrition and general health

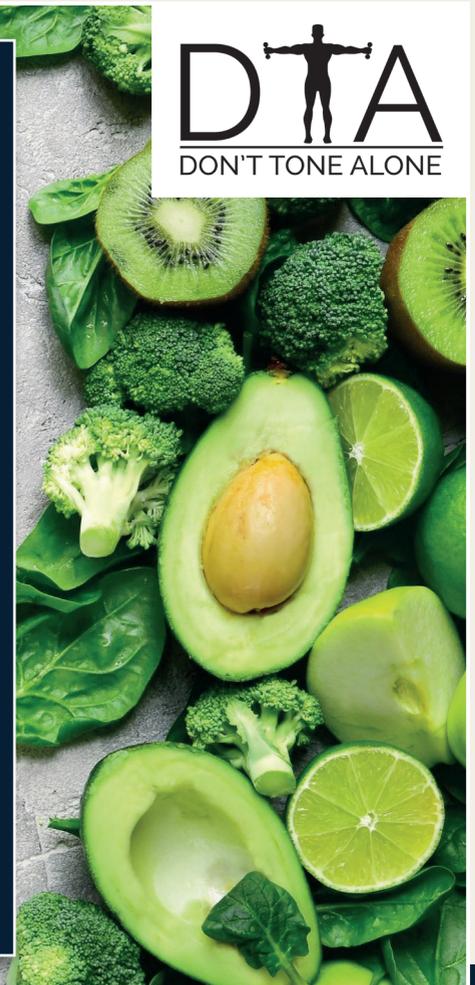
This 6 week healthy living programme will guide participants through a 6-week programme of mindfulness, nutrition and weight management, as well as general health topics.

Courses start with introductions to the 6-week 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.

The topics covered in the nutritional 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 this course, please call us on **020 8877 1200** or email **shenade@wandsworthcarers.org.uk**.





Maintain your Wellbeing in the face of Loss and Grief via Zoom

Tuesday 13th April 2021 from 12 to 1.30pm

OPEN TO ALL CARERS

Facing loss is one of the most difficult emotional experiences that we can have in life. The pain and grief that follows can seem, at times, completely overwhelming, especially in these uncertain times of the pandemic. This workshop will explore:

- Stages of grief we go through.
- Range of emotions and reactions related to grief.
- Practical coping strategies.
- Selfcare techniques.

Thinking about therapy? An Introduction to psychological interventions via Zoom

Tuesday 11th May 2021 from 12 to 1.30pm

OPEN TO ALL CARERS

Choosing a therapy can be overwhelming and confusing as you may have noticed the large number of options available. Though some approaches work best for specific conditions and individuals, others can help with a range of difficulties. This workshop will explore:

- Different therapeutic modalities.
- What to expect from different approaches.
- How to access these within the NHS and outside.
- How to make the most out of therapy.

Are you feeling stuck? How to move forward... via Zoom

Tuesday 25th May 2021 from 12 to 1.30pm

OPEN TO ALL CARERS

Over the last year, we have experienced unprecedented changes to our ways of living which for many of us has triggered feelings of demotivation and a sense of being stuck. This workshop will explore:

- Factors that may be keeping you stuck
- Feelings behind these overwhelming experiences
- How to implement changes to move forward
- Identifying barriers and developing new habits
- Practical skills to improve wellbeing and gain a sense of purpose.

These workshops are part of the NHS service and all participants are required to complete a short questionnaire prior to the workshop.

A **Talk Wandsworth** practitioner will call you between 9.30 and 10.30am on the morning of the workshop to complete this questionnaire.

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

Writer's Group

The next Writer's Groups will be held from **10.30am to 12pm on Thursday 22nd April 2021** and **Thursday 20th May 2021** on Zoom.

The group is suitable for beginners and improvers in creative writing. The next sessions will focus on plotting and editing. Please bring a notebook or writing paper to the session.

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

Monthly Mental Health Carers Assessment Surgery

Having a Carer's Assessment can help you understand the impact caring is having on your life and how best to support you. You may be able to get help and advice with financial concerns, your own health, practical help in the home, and any worries about the future.

Wandsworth Carers' Centre have partnered with social service mental health team to run a monthly Carers Assessment Surgery for mental health Carers. The surgery falls on the first Wednesday of every month.

The next dates are: **Wednesday 7th April 2021** and **Wednesday 5th May 2021**. If you are interested in having a Carers Assessment, and booking an appointment, please email abi@wandsworthcarers.org.uk.

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 12th April and **Monday 10th May 2021**. Please sign up beforehand by contacting Lisa on lisa@wandsworthcarers.org.uk or call **020 8877 1200**.



Workshop for Carers by Talk Wandsworth

Thursday 15th April 2021 at 11am via Zoom

Establishing Affective Boundaries

Do you struggle with creating clear boundaries in your caring role?

Would you like to be more assertive in your caring role and everyday life?

Are you caring for someone who uses drugs, alcohol or has a mental health condition?

This workshop is focused on empowering Carers to increase their understanding of self confidence and establish affective boundaries within their relationships.

Sign up to attend this Zoom workshop facilitated by Talk Wandsworth

For more information and to book your place, please call us on **020 887 1200** or email tom@wandsworthcarers.org.uk.

Support Group for Carers of Older People

Spring Container Gardening Special

April 28th from 11am to 1pm on Zoom

Join gardener Sarah Reeder on Zoom for a demonstration of planting up colourful and uplifting spring and summer blooms in a variety of pots and tubs for both indoors and out. Sarah will answer your questions and offer expert advice



Email sarah@wandsworthcarers.org.uk if you would like to come along.

May Meeting: May 26th at 11am on Zoom

Open group. Come along and share your experiences of caring for an older person in a confidential setting.



Covid-19 Survey

Help us shape health and social care



If you live in Wandsworth, share your experiences of managing your health and care during the coronavirus pandemic and what is important to you in 2021.

You can help local health and care services understand what local people need, how their services are working and where things can be made better.

All responses will be kept anonymous.

You can complete the survey online:

<https://www.smartsurvey.co.uk/s/Covid2Poster/>

Fill in the survey and have a chance to win a £100 shopping voucher (information at the end of the survey)



COVID-19 vaccination is available for Unpaid Carers

To get Covid 19 vaccine, Unpaid Carers will need to require the following steps:

- Either call 119 or visit the National Booking Service online at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> (to book and manage your Covid-19 vaccination appointment).
- Unpaid Carers will need their NHS number and their date of birth.
- Unpaid Carers will need to answer some screening questions to determine their eligibility (nature of caring role and whether person they are caring for is vulnerable).
- Once Unpaid Carers clear the screening questions they can book as normal – no identification apart from their booking confirmation will be required, i.e., they don't need to prove they are a Carer. If they are deemed ineligible (i.e., not the primary Carer or not caring for someone who is clinically vulnerable) this will be explained, and they will be invited to call 119.

This is available for all adult Carers and also young Carers aged 16 and 17 (who will then be referred to their local GP booking system because there is only one vaccine approved for use for under 18s).

Dementia Activities Zoom Hour

*For Carers of people with
dementia and their cared for*

**The Zoom Hours take place
on the 3rd Friday of each
month from 2 to 3pm**

Friday 23rd April 2021

Topic: **Bingo**

Friday 21st May 2021

Topic: **Relaxation and mindfulness**

If you are registered with us as a Carer of someone with dementia, please email **Anita** at anita@wandsworthcarers.org.uk (Mon-Weds) or ring the Wandsworth Carers' Centre office on **020 8675 0811** to register for the activities.

Wandsworth Carers' Centre

Evening Dementia Peer Zoom Support Group

A welcoming friendly environment offering Carers the chance to take time for themselves, meet other Carers and share experiences

**These take place on the 3rd Thursday
of every month from 6 to 7pm.**



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

Wandsworth Carers' Centre

The Sunflower Café Saturday Peer Support Group

For Carers of People with Dementia

The Sunflower Café Saturday Peer Support Group is a monthly gathering of Carers caring for people with dementia, where Carers can meet others in a similar situation to share support and access information. It is a safe and welcoming space for people to share experiences and enjoy spending time together.

The Café is held on the first Saturday of every month via Zoom from 2.30 to 4.30pm



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. If you are interested in attending the group sessions, please contact Wandsworth Carers' Centre on 020 8877 1200 or email laura@wandsworthcarers.org.uk.

ASD Carers Support Group

**April Meeting on Zoom:
29th April 2021 at 6.30pm**

Open group for Carers to share their experiences and offer feedback from the National Autism Week events in March.

**May Meeting on Zoom:
28th May 2021 at 6.30pm**

Managing Challenging Behaviour

Speaker: Denise Gentry,
Clinical Nurse specialist from CAMHS

Denise will share insights, advice and tools to help you cope.

Email:
sarah@wandsworthcarers.org.uk
for your Zoom invitation



The Alzheimer's Society is continuing to support Wandsworth service users and take new referrals. They are open for all kinds of phone enquiries and their Dementia Support Workers can provide COVID-secure home visits (with PPE) under special circumstances.

People say:

"I'm very happy with what you do ... I have already recommended you to a couple of people."

***"I know you are there and that I can pick up the phone to you if I need anything.
And you keep in regular touch with me."***

"Really helpful and very supportive. A good source of knowledge and what help is available."

The Alzheimer's Society are proud to be launching a **NEW VOLUNTEER BEFRIENDING SERVICE: Side by Side** is aimed at preventing isolation and keeping people active in their community by matching them with a volunteer who loves doing the same things. This could be listening to music, singing in a choir, cooking, joining in an activity, or simply walking in the park. Meetings are usually for a couple of hours a week or fortnight, during the day, evenings or weekends. The service is suitable for people in the earlier stages of dementia who are able to make their own choices on how to spend their time; independently mobile (with a suitable outside walking aid if needed) and independent in personal care needs. *During the COVID lockdown, volunteers are calling their matched person every week to start building up a relationship until face-to-face visits are allowed.*

The Alzheimer's Society are also running a wide range of **Zoom activities** including:

- A weekly **Activity Group** (Tuesday mornings) for people with dementia and Carers to socialise together;
- **Therapeutic Creative Workshops** for Carers on Tuesday afternoons;
- A monthly live **Music Concert** (Tuesday afternoon);
- **Love to Move** dementia-specialist seated exercise every Wednesday afternoon (including cognitive stimulation and coordination exercises);
- A fortnightly **Carers' peer support group** (Monday mornings);
- And the ever-popular **Singing for the Brain**® on Thursday afternoons.

People say: "It's an immense positive thing for both mum and dad."

***"It has been the highlight of me and mum's week
and I know it's been good for her to see her friends"***

"I feel great at the end of the [Love to Move] session! Really full of energy."

"Thank you - it was just lovely, the first time in many weeks that B has sat for any length of time without going to sleep, and at the finish talking about what we had seen and heard - a bit of the old B!"

Call 020 8687 0922 or email wandsworth@alzheimers.org.uk to find out more, join any of the Alzheimer's Society groups or ask for a Dementia Support Worker.

The National Dementia Connect Support Line (0333 150 3456) is open 7 days a week and the Alzheimer's Society website (www.alzheimers.org.uk) also provides a wealth of information and advice as well as personal, confidential 1-1 advice.



Would you like a £30 voucher to join a NHS focus group and spend 90 minutes talking to us about your experience of having a long term catheter (3 months or more)? If so, read on...

- **Have you suffered from problems with:**
 - An enlarged prostate – that has led to being catheterised for a long period of time (3 months or more)
- **Have you recently accessed support or advice from your GP, consultant or nurse?**
- **Do you live and use healthcare services within South West London?**
- **Or are you a Carer that has supported a person that has been catheterised for a long period of time and has accessed support within South West London?**

If so, we want to hear from you. As a thank you for your time, we would like to offer participants a £30 Amazon shopping voucher.

We will be holding a focus group on Microsoft Teams on Tuesday 13th April from 5.30 to 7pm. If you are unable to access Microsoft Teams but would still like to get involved please get in touch with Clare Thomas to discuss the best way to share your input.

Why should I get involved?

- We want to understand what is working well when accessing support from a healthcare professional about long term catheter use
- We want to understand what you think could be done differently when accessing support from a healthcare professional when discussing problems with your catheter
- Your feedback will help our thinking when designing a new pathway for people to access support from health services for long term catheter use

How will your feedback help us?

We want people to be able to have access to the right support and treatment for long term catheter use. We are thinking about developing one standardised way to access catheter services across South West London so that all patients receive the same quality of care in the right place at the right time. We are just at the start of our journey. Your views will help us to think about understand what works well know, and what could be improved with the service. We want to know what you think patients might need and how they might want to use the services available.

Places are limited, so if you are interested in taking part or have any questions please get in touch to express an interest by contacting clare.thomas@swlondon.nhs.uk on or calling **020 3458 5231**. We understand that this is a sensitive subject. If you would like to share your views, but on a 1:1 basis, please do get in touch. All discussions at the focus group will be handled sensitively and confidentially

Surge Testing in Wandsworth

Wandsworth Council is working with NHS Test and Trace to test residents in your area for Covid-19.

As part of Public Health England's proactive sequencing work, PHE has found evidence that the South African variant of Covid-19 has been identified in your local area. These cases have been identified in parts of **Roehampton and Putney Heath Ward** and **St Mary's Park Ward** in **Battersea**.

By visiting the following web-link:
<https://www.wandsworth.gov.uk/surge-testing>

- You can be able to find out whether you live in the affected area or not by putting your postcode.
- You can be able to book a Surge Test.
- If you **HAVE** coronavirus symptoms you should continue to book a test at nhs.uk/coronavirus, via the **NHS Covid-19** app or call **119**.

Battersea:

- If you **HAVE** coronavirus symptoms you can book a test at **The Ethelburga Clubroom**, 60 Worfield Street, Battersea SW11 4RA. You must book in advance by visiting nhs.uk/coronavirus or calling **119**.
- You can pick up and drop off home testing (PCR) kits at the **Battersea Sports Centre**, Hope Street, Battersea, SW11 2DA between 7.30am and 4pm Monday to Friday, and 10am to 2pm on Saturdays and Sundays. **No appointment is necessary to collect or drop off the home test kits but please only do this if you have no symptoms of Covid-19.**

Roehampton/Putney Heath:

- If you **DO NOT HAVE** symptoms, you should get tested in the mobile testing unit in **Danebury Avenue Car Park**, Danebury Avenue, SW15 4HD. Find out how to book at www.wandsworth.gov.uk/surgetesting.
- You can pick up and drop off home testing (PCR) kits at **Focus Hall, Minstead Gardens**, Roehampton SW15 4ER between 8am and 4pm Monday to Friday and 10am to 2pm on Saturdays and Sundays. **No appointment is necessary to collect or drop off the home test kits but PLEASE ONLY DO THIS IF YOU HAVE NO SYMPTOMS OF COVID-19.**

Please note:

- You must be aged 16 years old or over.
- Booking is limited to people who live in the Roehampton area only.

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 BY WANDSWORTH CARERS' CENTRE

Carers of People With Learning Disabilities:

Held on the 2nd Tuesday of every month from 11.30am to 1.30pm. **Upcoming Meetings: 13th April and 11th May 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: 8th April and 13th May 2021** (via Zoom). To sign up email shenade@wandsworthcarers.org.uk.

Carers of Older People: Held on the last Wednesday of every month from 11am to 1pm. **Upcoming Meetings: 28th April and 26th May 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: 28th April and 26th May 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: 29th April and 27th May 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: 16th April and 21st May 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: 13th April and 11th May 2021.** 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: 12th April and 10th May 2021** (via Zoom). To sign up email quyen@wandsworthcarers.org.uk.

The deadline for the next Newsletter is Monday 10th May 2021

NEW CARERS SUPPORT GROUP

Neurological Conditions – Peer Support Group:

Held on the 1st Tuesday of each month from 11am to 1pm. **Upcoming Meetings: 6th April and 4th May 2021** (via Zoom). The group is facilitated by Carol from Integrated Neurological Services (INS) and Wandsworth Carers' Centre. To sign up email info@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 April and 12th May 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: 15th April and 20th May 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: 10th April** (please note that because of Easter, the Sunflower Café is being held the second Saturday of the month, ie 10th April, instead of 3rd April) and **1st May 2021** (via Zoom). For more information please call 020 8877 1200 or email laura@wandsworthcarers.org.uk.

OTHER CARERS SUPPORT GROUPS

Mental Health Carers Group: Held on the 3rd Wednesday of alternate months from 1.30pm to 3pm. **Upcoming Meeting: 21st April 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.