# Carers Connect

*The Newsletter for Carers in Wandsworth* Issue 40 / April-May 2022

## SAVE THE DATE! 6th-12th June

## Carers Week

**Look out for more details in our next Newsletter!**

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.

## WEEKLY STRENGTH, MOBILITY AND FALLS PREVENTION

# Free Yoga for Carers

## ONLINE

**Yoga from the comfort of your own home via Zoom!**
**The class happens on the following dates:**

**Wednesday 13th April from 11.30am to 12.30pm**
**Wednesday 27th April from 11.30am to 12.30pm**
**Wednesday 11th May from 11.30am to 12.30pm**
**Wednesday 25th May from 11.30am to 12.30pm**

**If you can't attend the online class, but are interested in the benefits of Yoga, we are able to send you a recording of the class.**

## IN PERSON

**Join us for our In Person Yoga classes at MoreYoga Wandsworth, Ram Quarter, 7 Chivers Passage, London SW18 1UP:**

**Wednesday 6th April from 2 to 3pm**
**Wednesday 20th April from 2 to 3pm**
**Wednesday 4th May from 2 to 3pm**
**Wednesday 18th May from 2 to 3pm**

**MoreYoga is located a short walk from Wandsworth Town train station and close to Southside Shopping Centre. MoreYoga is on the following bus routes – 37, 37, 87, 156, 170 and 337.**

***"The weekly Yoga sessions have been a really great help to me both for improved physical fitness and also for wellbeing during the increased worries about Covid ... It is so important that Carers are given the opportunity to take time out for themselves in this way. It gives them the strength to carry on under difficult circumstances."***

**Please be aware that our In Person Yoga is delivered in a Covid-secure environment. If you are interested in the benefits of Yoga but have an underlying health condition which you feel may affect your ability to participate, we can arrange a telephone consultation to discuss your needs with the Yoga Practitioner, Ciara.**

**To sign up to either or both of these classes or for more information, please call 020 8877 1200 or email abi@wandsworthcarers.org.uk.**

British Red Cross

# First Aid

## Zoom Workshop for Carers

This is a digital workshop where you will learn about everyday First Aid. The aim is to build confidence so you can help someone in a first aid emergency, using the objects that you have around you.

This workshop will be facilitated by the British Red Cross.

**Thursday 28th April 2022**

**10am to 11.30am**

For more information and to book your place, please call: **020 8877 1200**.

# Asian Carers Support Group

**FREE ONLINE BINGO in April**
Join us on Tuesday 12th April at 2pm via Zoom for BINGO!

**PLANNING AHEAD IN MAY**
Join us on Tuesday 10th May at 2pm via Zoom to help us shape the Asian Carers Support Group and plan our first in-person group of 2022!

Reserve your place by calling 020 8877 1200 or emailing abi@wandsworthcarers.org.uk.

# The Evening Dementia Carers' Peer Support Group

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

## FACE-TO-FACE AND OVER ZOOM

**The Evening Dementia Carers' Peer Support Group** is a monthly gathering where Carers of people with dementia can meet in a **friendly** and **confidential** environment, to support each other, share experiences, access information about dementia and make friendships over tea, coffee and biscuits.

**WHERE: Ground Floor Meeting Room at Bluebird Care Wandsworth, 6 College Mews, London SW18 2SJ**

Next Meetings:
**Thursday 21st April**
and **Thursday 18th May**

Call **020 8877 1200** or email **laura@wandsworthcarers.org.uk** to sign up or for further information.

## The Caregivers' Guide to Anxiety – An Anxiety UK Self help guide

Most people that support someone living with anxiety would never think of themselves as being a **'Carer'**. This was confirmed by research undertaken for this guide where respondents felt the term **'Carer'** wasn't something that they could relate to and which they described therefore as feeling inappropriate. This guide has been produced in direct response to requests from caregivers and supporters of those with anxiety for a publication of this type. With the right support in place, professionally and personally, an individual living with anxiety can get their life back and move forward on the road to recovery. Caregivers have a vital role to play in this.

Please access the following web-link to download the **Caregivers' Guide to Anxiety handbook for FREE** from The Charity for Civil Servants' website: **https://foryoubyyou.org.uk/system/files/content//Anxiety_UK_Caregivers.pdf**

**It is really worth a read!**

Wandsworth Carers' Centre

## WALK, TALK & TEA

**Wednesday 1st June at 11am**
**CLAPHAM COMMON**

**Join fellow Carers for a walk in Clapham Common and see the tree planted by FCC for the Queen's Diamond Jubilee 10 years ago.**

**For more information and to sign up, contact us on 020 8877 1200 or email info@wandsworthcarers.org.uk**

# Writer's Group

The next Writer's Groups will be held **from 10.30am to 12pm** on **Thursday 21st April** and **Thursday 19th May** on Zoom.

The group is suitable for beginners and improvers in creative writing. Please bring a notebook, writing paper or something else to write on to the session.

To register for the group, please call Wandsworth Carers' Centre on **0208 877 1200** or email Anita at **anita@wandsworthcarers.org.uk**.

## Monthly Carers Assessment Surgery for Mental Health Carers

Wandsworth Carers' Centre is working jointly with Adult Social Services to provide monthly Carers' Assessment surgeries. If you are caring for someone with a mental health condition and would like to have a Carers Assessment, please call us on **020 8877 1200** or email **abi@wandsworthcarers.org.uk** to book your appointment. We are able to offer you the assessment over the phone, in person or via online video calling – whichever you would prefer.

For more information about the benefits of Carers Assessments, please see the link below:
**https://www.wandsworth.gov.uk/health-and-social-care/adult-social-care/adult-social-care-information-and-advice/looking-after-someone/carers-assessments/**

Wandsworth Carers' Centre

# The Sunflower Café

**The Sunflower Café** is a monthly gathering where Carers of people with dementia can, with or without the person they support, meet in a **friendly** and **welcoming** environment to share experiences, access information about dementia, coping strategies, obtain peer support and make friendships over tea, coffee and refreshments.

**The Sunflower Café** is held on the **1st Saturday of every month from 1.30pm to 4.00pm at Mount Court, Weimar Street, Putney, London SW15 1AJ**.

**If you are interested in coming along to the Café or volunteering, please contact Laura Breadon on 020 8877 1200 or email laurabreadon@wandsworthcarers.org.uk.**

**Parking:** Limited paid parking is available on the street outside Mount Court.

**Public Transport:** Putney Train Station is around 10 minutes walk away. The 14, 39, 74, 85, 93, 424 and 420 buses all stop approximately 5 minutes walk away.

*The Café is a safe space for you and the person you care for. Whilst staff and volunteers are available to support and help engage people in the session and activities provided, we ask that you ensure the person you care for is comfortable and support any additional needs they may have whilst at the Café. We cannot assist with helping people to the toilet or help mobilise in their wheelchairs, as our staff and volunteers are not trained to do this.*

**We are launching our new Dementia Café!**

# The Iris Café

**at St Lukes Church of England,
194 Ramsden Road, Balham SW12 8RQ
on the third Saturday of every month throughout the year.**

## The Iris Café opens on Saturday 16th July 2022 from 2.00pm to 4.30pm

The Iris Café is an opportunity for Carers and the person they care for to socialise with others affected by Dementia, in a friendly, safe and supportive space, with activities, entertainment and refreshments. Carers have the opportunity to meet other Carers in the Peer Support Group.

**There is free parking close by and we may be able to support with transport to and from the café.**

## Volunteers needed

### We are currently recruiting volunteers to help support the Café.

**To register your interest in attending or volunteering at the Café, please call us on 020 8877 1200 or email laura@wandsworthcarers.org.uk**

Wandsworth Carers' Centre

## Advice Service

Our Advice Service has appointments available from Monday to Friday. Our advice workers can help with benefit applications and appeals, housing applications and many other issues. If you need support, call us today!

## Back Care & Massage

Do you suffer with back problems? We offer a back care service which is available on Tuesdays with a qualified professional who can offer appointments to help you.

We also offer relaxing massage sessions for Carers who could do with a little 'TLC'! These sessions run on Wednesdays and Thursdays.

To book appointments for either our back care service, massage sessions or our advice service, please call us on 020 8877 1200 or email support@wandsworthcarers.org.uk.

together FOR MENTAL WELLBEING

## Wandsworth Your Way

Come along to our session to learn about Wandsworth Your Way, a mental wellbeing service that supports people in the community

**Thursday 7th April**
**from 11am to 12.30pm**
**via Zoom**

Wandsworth Carers' Centre

ActionSpace for Artists with Learning Disabilities

## ACTION SPACE:
Celebrating autsitic artists

**Siobhan Stewart, Pastoral Care Coordinator will be speaking about the work done by Action Space, highlighting work by talented autistic artists within London.**

**Tuesday 29th March**
**from 1pm to 2.30pm**

If you would like to attend, call **020 8877 1200** or email **nancy@wandsworthcarers.org.uk**.

# Have you visited our website?

**Our website is full of information that can be useful to Carers, but that's not all! You can also find all sorts of useful resources...**

**Exercise and Physio Videos to watch at a time to suit you.**

**Recipes that are easy to cook and healthy. If you have any recipes you would like to share, send them to us and we will add them to the website!**

**You can also find links to some great virtual activities, including museum & gallery tours and online theatre shows.**

**Visit today at:**
**carerswandsworth.org.uk**

Wandsworth Carers' Centre

# Autism Awareness Week
# 28TH MARCH TO 1ST APRIL

## Action Space

A talk celebrating
Autistic artistic talent

**29th March – 1 to 2.30pm**

## Education Advocacy

Information session for Autistic Spectrum Condition (ASC) Carers on SEN education rights

**31st March – 1 to 2.30pm**

Education Advocacy

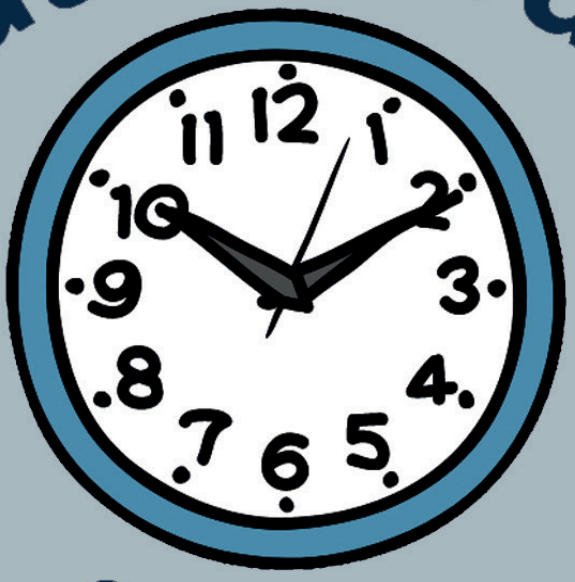
## Flip Out Wandsworth

Trampoline party
to celebrate
Autism Awareness Day

**2nd April – 1.30 to 3pm**

For more information please email **nancy@wandsworthcarers.org.uk** or to register please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

# Out of Hours Service



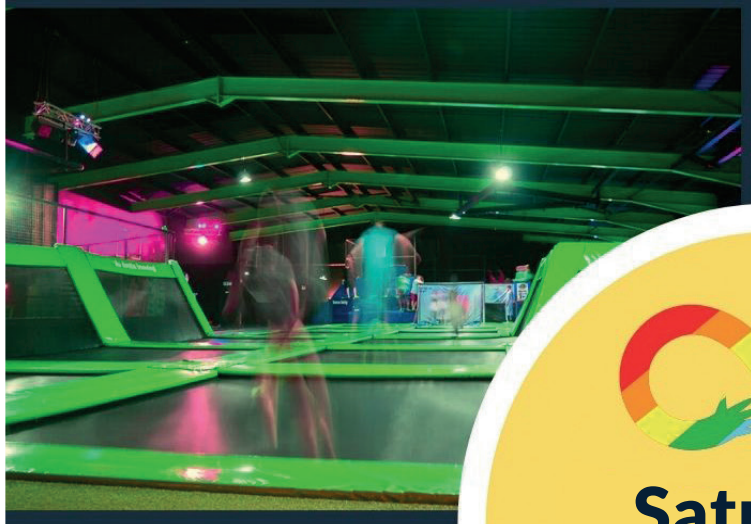
**We are delighted to be able to offer extended hours, starting in May.**

**Every Wednesday we will be open until 7.30pm**

**Telephone lines will be open and advice appointments will be available.**

# FLIP OUT!

COME AND CELEBRATE WORLD AUTISM AWARENESS DAY FOR FREE AT WANDSWORTH FLIP OUT TRAMPOLINE PARK!



**Saturday**
**2nd April**
**1.30 to 3pm**

**Pizza, snacks and Goody Bag included. This event is for children who are on the Autistic Spectrum and is part of our Parent Respite Project.**

**LOCATION: BENDON VALLEY, LONDON SW18 4LZ**

**If you are interested in attending, call 020 8877 1200 or email nancy@wandsworthcarers.org.uk.**

# Family Battersea Park Zoo Trip

Do you have a child with an additional need? As part of our Parent Respite Project, we will be offering families a day out at Battersea Park Zoo

## Wednesday 13th April at 12pm

Entry to the Zoo is FREE and light refreshments will be provided

There is a limit to the number of families we can take so book your family's place early. To book, call 020 8877 1200 or email louise@wandsworthcarers.org.uk.

Wandsworth Carers' Centre

# Walk, Talk & Tea

**Wednesday 6th April at 11am**
**BATTERSEA PARK**

**Wednesday 4th May at 11am**
**STREATHAM COMMON**

*Join our monthly Walking Group and meet other Carers, explore the Commons, socialise and benefit from the fresh air and exercise.*

For more information and to sign up, contact us on 020 8877 1200 or email info@wandsworthcarers.org.uk.

# Volunteer Drop-in Day

Tuesday 26th April from 2 to 5pm

## Are you interested in volunteering?

Pop along to our volunteer drop-in for a chat and to find out what opportunities are available or to offer your skills to support Carers in the borough

Wandsworth Carers' Centre
46 Balham High Road, London SW12 9AQ

Oral Health Promoter Sheryll John will be providing information on oral hygiene. This will include all aspects of oral care such as diet and tooth brushing. This session is for those caring for someone with sensory needs or those who wish to know more about oral health.

## Wednesday 27th April from 11am to 12pm via Zoom

If you are interested, please call 020 8877 1200 or email nancy@wandsworthcarers.org.uk.

# VOLUNTEERS NEEDED!

We are looking for volunteers to support staff with the running of our office during our Out of Hours service. This service will run every Wednesday from 5pm to 7.30pm commencing in April.

VOLUNTEERS

For more information about this role, all 020 8877 1200 or email louise@wandsworthcarers.org.uk

## Caring for someone who is coming towards the end of their life?

If you think the person you are caring for may be in the last 18 months of their life, Wandsworth Carers' Centre can support you through this time.

Call 020 8877 1200 or email tracie@wandsworthcarers.org.uk.

Wandsworth Carers' Centre

# We are looking for a Digital Media Volunteer

Wandsworth Carers' Centre

# Dementia Awareness Training for Carers

## Are you caring for a person with Dementia?

**We are holding a Dementia Awareness training course for Carers of people living with Dementia. This course will be run in-person over three 2hr weekly sessions.**

**Session 1: Understanding Dementia**
21st April 2022

**Session 2: How Dementia affects daily functioning** – 28th April 2022

**Session 3: Care, Support and Future Planning** – 5th May 2022

**To register your interest, please call us on: 020 8877 1200 or email us at: laura@wandsworthcarers.org.uk**

Wandsworth Carers' Centre

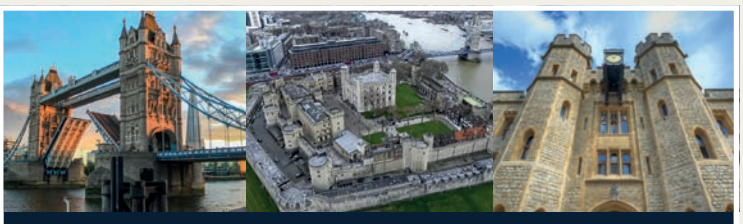
# Mindfulness and Enerchi (Light Exercise) classes for Dementia Carers

We are delivering Mindfulness and Enerchi classes for Dementia Carers in partnership with Don't Tone Alone. The sessions are aimed at reducing stress, and promoting calmness and reducing tension by concentrating on breath, mindfulness and movement.

We are offering three separate courses:

- Mindfulness with Dementia
- Blended Mindfulness and Enerchi (light exercise)
- Skills development to become a Health Champion

**To sign up to the classes, please call us on: 020 8877 1200 or email us at: laura@wandsworthcarers.org.uk**



*Due to popular demand we are delighted to be able to offer a second trip to the*

# TOWER OF LONDON

***Explore London's iconic castle and World Heritage site. Get up close to the Crown Jewels, meet the legendary Yeoman Warders and ravens and see the Tower of London like never before.***

**Event Details: Friday 29th April at 11am, meeting at the Tower of London**

*Carers are able to explore the Tower in groups or go round at their own pace.*

**If you would like to sign up for this event or for more information, please call Quyen on 020 8877 1200 or email: quyen@wandsworthcarers.org.uk**

***This trip is available for Carers only.***

# TRAINING FOR CARERS

We would like to know what training and workshops you would like us to run.
We aim to provide a program of training and workshops that support Carers in their Caring role and with their own personal development.

**Training we have offered previously includes:**
Stress Management, Long Term Planning, First Aid, Cake Decorating, Money Management, Carers Star, Computer training and others.

**Some training suggestions:**
End of Life Care, Safeguarding, How to get a good nights sleep, Power of Attorney

## Now is your chance to let us know:

- What topics you would like training on?
- If you would like training in person or online?
- If you prefer daytime or evening training?

Please let us know by calling **020 8877 1200** or by emailing your suggestions to **shenade@wandsworthcarers.org.uk**

# Education Advocacy

Nigel Pugh from Education Advocacy will be delivering a session on SEN education for Autistic Spectrum Condition (ASC) Carers

Confused about an EHCP? Want to know your child's rights?

Then come along to this session for Carers of children with ASC and help make sense of SEN education.

**31st March from 1pm to 2.30pm**

If you are interested in attending, please call 020 8877 1200 or email nancy@wandsworthcarers.org.uk.

# 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.**

## 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: 12th April** (Linda Owusu will be attending from the school performance and participation team) and **10th May** (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: 14th April** and **12th May** – this group is now meeting face-to-face at Ascension Church, 23 Malwood Road, London SW12 8EN and via Zoom. Please contact Shenade at **shenade@wandsworthcarers.org.uk** to let us know if you will be attending in person or via Zoom.

**Carers of Older People:** Held on the last Wednesday of every month from 11am to 1pm. **Upcoming Meetings: 27th April** and **25th May** (via Zoom). To sign up, please email **louise@wandsworthcarers.org.uk**.

**Carers of People on the Autistic Spectrum:** Held on the last Thursday of every month from 6.30pm to 8pm. **Upcoming Meetings: 28th April** and **26th May** (via Zoom). To sign up, please email **nancy@wandsworthcarers.org.uk**.

**Coffee Club:** Held on the 3rd Friday of every month from 10.30am to 12.30pm. **Upcoming Meetings: 15th April** and **20th May** (In person and 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: 12th April** and **20th May** (via Zoom). To sign up, please email **abi@wandsworthcarers.org.uk**.

**The Male Carers Group:** Held on the 2nd Monday of every month from 11am to 1pm. **Upcoming Meetings: 11th April** and **9th May** (via Zoom). To sign up, please email **quyen@wandsworthcarers.org.uk**.

**Neurological Conditions – Peer Support Group:** Held on the 1st Tuesday of each month from 11am to 12.30pm. **Upcoming Meetings: 5th April** and **3rd May** (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: 13th April** and **11th May** – this group is now meeting face-to-face at West Hill Baptist Church, Haldon Road, London SW18 1QD and via Zoom. Please contact Eglionna at **eglionna@wandsworthcarers.org.uk** to let us know if you will be attending in person or via Zoom.

**Evening Support Group for Carers of people with Dementia:** Held on the 3rd Thursday of every month from 6pm to 7.30pm. **Upcoming Meetings: 21st April** and **19th May** (In person and via Zoom). For more details email **laura@wandsworthcarers.org.uk** to sign up or to request more information.

## DEMENTIA CAFÉ

**The Sunflower Café:** Held on the 1st Saturday of every month at 2.30pm. **Upcoming Meetings: 2nd April** and **7th May** (In person and 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: 20th April**. 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**.

**The deadline for the next Newsletter is Monday 9th May 2022**

Wandsworth Carers' Centre · Carers Partnership Wandsworth Working Together · CARERS TRUST · bluebird care · Investing in Volunteers · The Brighter Borough Wandsworth · NHS South West London