

Carers Connect

The Newsletter for Carers in Wandsworth

Issue 45 / February-March 2023



SUPPER CLUB

Every Wednesday from
5pm to 7pm, starting on
Wednesday 1st February

Join us on Wednesday evenings for
a bite to eat and chat with staff and
other Carers. Come along on your
own or with the person you care for!

**46 Balham High Road,
Balham, London SW12 9AQ**

Booking is essential, so please let
us know if you will be coming along.

Call 020 8877 1200



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.

WALK, TALK & TEA

**Wednesday 1st February
at 11am
BATTERSEA PARK**



**Wednesday 5th April
at 11am
WANDSWORTH COMMON**



**Wednesday 1st March at
11am - PUTNEY BRIDGE
& WANDSWORTH PARK**

**Meet fellow Carers and explore the various
Parks and Commons in Wandsworth.**

**Stay for a complimentary cup of tea or coffee
after the walk and socialise with other Carers.**

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



Carers Forum Relaunch

Thursday 30th March

11am - 1pm

Wandsworth Town Hall

**Are you
passionate
about Carers
voices being
heard?**

**Join the Forum
and tell us what
is important
to Carers in
Wandsworth**

**We will be
discussing the
upcoming review
of the Carers
Charter and the
development
of the Carers
Community Passport**

**To get involved,
call 020 8877 1200**

Late Opening



**We are now open
every Wednesday from
9.30am to 7.30pm**

**Advice appointments,
massage appointments
and telephone service
are available**

**Call us on 020 8877 1200
to make an appointment**

THE CARERS OF OLDER PEOPLE SUPPORT GROUP IS ON THE MOVE!!

Please join us for our next
meeting at: **Pret a Manger Café
(Wandsworth), 2 Garratt Lane,
Southside Shopping Centre,
London SW18 4TF**

**Wednesday 22nd February 2023
from 12 to 2pm**

***Wandsworth Carers' Centre
will purchase the first
hot drink for everyone!***

Please confirm attendance by
calling 020 8877 1200 or emailing
info@wandsworthcarers.org.uk.

Respite Service

**Do you need a break
from your caring role?**

We offer a respite service to unpaid Carers who are caring for someone over the age of 18. We can offer up to 52 hours of respite to Carers who are eligible.

For more information about the service and eligibility, call us on **020 8877 1200**.

Back Care & Massage

Back Care Appointments

available on Tuesdays and
Thursdays from 10am to 5pm

Massage Appointments

available on Wednesdays
from 2pm to 5pm

For more information or to book
an appointment, please call us on
020 8877 1200

Please note that we have new
guidelines in place for massage
and back care appointments.

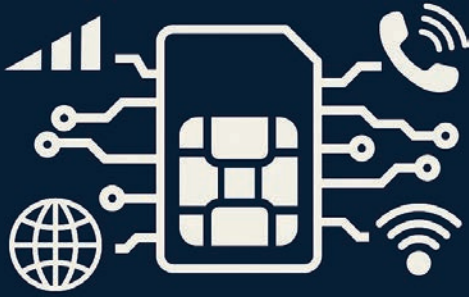
Writer's Group

The next Writer's Groups will be
held from 10.30am to 12pm on
Thursday 23rd February and
Thursday 16th March 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, please call Wandsworth
Carers' Centre on **020 8877 1200** or email
Anita at anita@wandsworthcarers.org.uk.

Care Technology Session



**Wednesday 15th March
11am to 1pm**

We will be joined by Wandsworth Social Care who will be talking about the **GLORIA** Care Technology offer and how you can access digital support.

To book your place, call **020 8877 1200** or email **info@wandsworthcarers.org.uk**

Care Technology Service

Wandsworth Borough Council are working with a technology partner, **Alcove**, to provide you with a range and choice of care technology products. This service is called **GLORIA** and it features a range of devices that can be customised to be part of your daily life and help you or the person you care for live as independently and safely as possible in your own home and local community. Depending on your needs **Wandsworth Borough Council** can offer a combination of devices mentioned below and more.

Available devices – Depending on your needs or the needs of the person you care for, **Wandsworth Borough Council** can offer a combination of devices mentioned below and more.

Smart sensors – These small devices can detect and monitor your movements passively and can help you live independently in your own home. They do not use camera, video, or microphone but are linked to a smart device and can alert your carer or family member if there is a change to your routine or if you may need help.

GLORIA smart watch – This watch allows you to call for help if you need it either at home or when out and about. It can detect if there has been no movement/inactivity that may indicate a fall has occurred and send an alert for help.

Video Carephone – The Video Carephone is a tablet device that allows you to make two-way video calls with your family, friends and carers in an easy way by simply touching a picture on the screen. We have been offering Video Carephones to many residents during the COVID-19 pandemic to help them stay connected.

Digital chair and bed mats – These mats are placed either under a bed mattress or chair. They send an alert to your carer when you get off and on to your bed or chair. Your carer or family member can see information and build a picture of your daily routine so they know if something out of the ordinary happens and when you may need help. If the **GLORIA** products are not suitable, **Wandsworth Borough Council** will explore other technology and apps that meet your needs for independent living.

How to join – If you are ready to start your technology journey, you can complete a self-referral or contact the Adult Social Care team. **Wandsworth Borough Council** will have a chat with you and help you explore different types of care technology, including apps and devices that best suit your needs. **Wandsworth Borough Council** will talk to you about the things you enjoy doing, what your strengths are, what you would like to achieve and how you will benefit from using technology. Together you will agree on the type of technology that may suit you best. If required, partnership organisations will install the equipment and provide support to help you get started.

Contact – If you want to find out more about our technology offer and approach, please contact **digitalsupport@wandsworth.gov.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. **Sessions in-person at 46 Balham High Road, London SW12 9AQ and via Zoom.** To sign up, please email anita@wandsworthcarers.org.uk.

Carers of People who Experience Mental Illness: Held on the 2nd Thursday of every month from 2pm to 4pm. **This group is now meeting in-person at 46 Balham High Road, London SW12 9AQ 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 (in-person and via Zoom). **PLEASE NOTE:** The meeting on Wednesday 22nd February will be held at Pret a Manger Café (Wandsworth), 2 Garratt Lane, Southside Shopping Centre, London SW18 4TF and Wandsworth Carers' Centre will purchase the first hot drink for everyone who attends!! 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 (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 (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 last Thursday of every month from 2pm to 4pm (in-person and via Zoom). To sign up, please email saleeha@wandsworthcarers.org.uk.

The Male Carers Group: Held on the 2nd Monday of every month from 11am to 1pm (in-person and via Zoom). To sign up, please email quyen@wandsworthcarers.org.uk or call 020 8877 1200.

Autism Peer Support Group: Held on the 2nd Thursday of every month from 11am to 12.30pm (in-person at 46 Balham High Road, London SW12 9AQ and via Zoom). To sign up, please email nancy@wandsworthcarers.org.uk.

Neurological Conditions – Peer Support Group: Held on the 1st Tuesday of each month from 11am to 12.30pm (in-person and 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 – **This group is now meeting in-person at 46 Balham High Road, London SW12 9AQ and via Zoom.** For more information, please contact Eglionna at eglionna@wandsworthcarers.org.uk.

Evening Support Group for Carers of People with Dementia: Held on the 3rd Thursday of every month from 6pm to 7.30pm – **This group is now meeting in-person at Bluebird Care Agency, 5-6 College Mews, London SW18 2SJ and via Zoom.** Email info@wandsworthcarers.org.uk to sign up or to request more information.

Dementia Cafés

The Sunflower Café – Supporting Dementia in Putney: Held on the 1st Saturday of every month from 1.30pm to 4pm (in-person at Mount Court, 16 Weimar Street, London SW15 1SJ and via Zoom). For more information please call 020 8877 1200 or email info@wandsworthcarers.org.uk.

The Iris Café – For both Carers and the Person with Dementia: Held on the 3rd Saturday of each month from 2pm to 4.30pm (held in-person at St Lukes Community Hall, 194 Ramsden Road, Balham, London SW12 8RQ and via Zoom). For more information please call 020 8877 1200 or email info@wandsworthcarers.org.uk.

Other Carers Support Groups

Mental Health Carers Group: Held on the 3rd Wednesday of alternate months from 1.30pm to 3pm (via Zoom). 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 10th March 2023

Peer Support Groups in February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	The Sunflower Café 4	5
6	7 Neurological Conditions Peer Support Group	8 Carers of People with Dementia	9 Carers of People who Experience Mental Illness Autism Peer Support Group	10	11	12
13 The Male Carers Group	14 Carers of People with Learning Disabilities	15 Mental Health Carers Group	16 Evening Support for Carers of People with Dementia	17 Coffee Club Wandsworth	18 The Iris Café	19
20	21	22 Carers of Older People (to be held at Pret a Manger, Wandsworth)	23 Carers of People on the Autistic Spectrum Asian Carers Group	24	25	26
27	28					

Peer Support Groups in March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	The Sunflower Café 4	5
6	7 Neurological Conditions Peer Support Group	8 Carers of People with Dementia	9 Carers of People who Experience Mental Illness Autism Peer Support Group	10	11	12
13 The Male Carers Group	14 Carers of People with Learning Disabilities (speaker - Jean Frampton from Choice Support)	15	16 Evening Support for Carers of People with Dementia	17 Coffee Club Wandsworth	18 The Iris Café	19
20	21	22	23	24	25	26
27	28	29 Carers of Older People	30 Carers of People on the Autistic Spectrum Asian Carers Group	31		

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 Wednesdays on the following dates:

Wednesday 1st February 2023 from 11.30am to 12.30pm

Wednesday 15th February 2023 from 11.30am to 12.30pm

Wednesday 1st March 2023 from 11.30am to 12.30pm

Wednesday 15th March 2023 from 11.30am to 12.30pm

Wednesday 29th March 2023 from 11.30am to 12.30pm

IN PERSON

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

Wednesday 8th February 2023 from 2 to 3pm

Wednesday 22nd February 2023 from 2 to 3pm

Wednesday 8th March 2023 from 2 to 3pm

Wednesday 22nd March 2023 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 these classes or for more
information, please call 020 8877 1200
or email abi@wandsworthcarers.org.uk.

UK-wide Online Coffee Meetups for LGBTQ+ Unpaid Carers

**First Thursday of the month
from 11am to 12pm**

**Last Wednesday of the month
from 6pm to 7pm**

If you live in London, please email
abinaya@wandsworthcarers.org.uk
for more information.



- Are you an LGBTQ+ person living in the UK?
- Do you support a friend, child, neighbour, partner, chosen or birth family member who couldn't manage without you?
- Come along to our online coffee meetups on Zoom.
- Chats and information sessions. Share advice. Find community.



A free, short course at **St Nicholas Tooting** that makes managing your money simple.

Course Info

budget. save. spend.

When:

6th, 13th, 20th and 27th February 2023

Where:

St Nicholas Church, Church Lane, Tooting, SW17 9PP

Time:

7.15pm to 9.15pm

Run by:

St Nicholas Church, Tooting

Book by contacting:

cap@stnicholastooting.org.uk or 07599 491 218

capmoneycourse.org



Charity Registration No. 1097217 (England & Wales), SC038776 (Scotland). Company Limited by Guarantee. Registered in England and Wales No. 4655175. CAP is authorised and registered by the Financial Conduct Authority.

EasyHealth Resources

Generate have been developing the Easy Health website (www.easyhealth.org.uk), an online library of easy-to-understand health information. The work is co-produced by people with lived experience of learning disability and / or neurodiversity.

It stores hundreds of documents that explain conditions, procedures, appointments, medications or any other health information. These are designed with simple words and bitesize illustrated concepts.

These documents are designed to support individuals with their appointments and medical treatments and can be game changers for carers who support people with learning disability and / or neurodiversity. It can help them prepare the people they support going to appointments. It also helps with independence and empowering the people they support with making informed decisions.

For more information, contact Melanie Terrade, Health Projects Manager, Generate, on Monday to Thursday on **020 8879 6333** or **020 8879 6444** or email enquiries@generate-uk.org

www.generate-uk.org

Wandsworth Bereavement Service

Losing someone important to us can be one of the most difficult experiences of our lives: the death of a loved one can knock us off balance; we can lose our confidence; our life might not make sense as it used to, if at all; our assumptions can be shaken to their core; we can feel unsafe, insecure, and alone. Such experiences are not abnormal in grief, in many cases this is a necessary part of the grieving process. Accepting the reality of a bereavement is necessary to continue to live well, but it is not easy or straightforward.

At **Wandsworth Bereavement Service**, it is not uncommon for our new clients to describe feeling numb in the aftermath of their bereavement. Some say their loss does not feel real to them. This is the starting point for many, particularly those who are isolated in their grief. It is also a common experience for people who did not get a chance to say goodbye, for example those who experience a sudden or traumatic bereavement and for people who couldn't see their loved one as they died, due to Covid lockdown rules. How then do we find a way to live with our loss?

We do this with the support of others. We might be able to grieve collectively with family, friends, or our local community, or we might seek out a Bereavement Counsellor. The majority of the people we survey after their bereavement counselling at **Wandsworth Bereavement Service** report feeling gratitude and hope for their future, alongside their pain. This is how Bereavement Counselling helps.

Due to the high numbers of people who contact us, we do operate a waiting list of several months for counselling, but we nevertheless invite everyone from our local community to get in touch. When you do, we will arrange an initial assessment session and discuss next steps.

Get in touch on our website at:
www.wandsworthbereavement.org.uk/
 contact or by email to admin@wandsworthbereavement.org.uk
 or call **020 7223 3187**





London LGBTQ+ Carers Peer Support Group



Waterloo Action Centre, 14 Baylis Road, London SE1 7AA

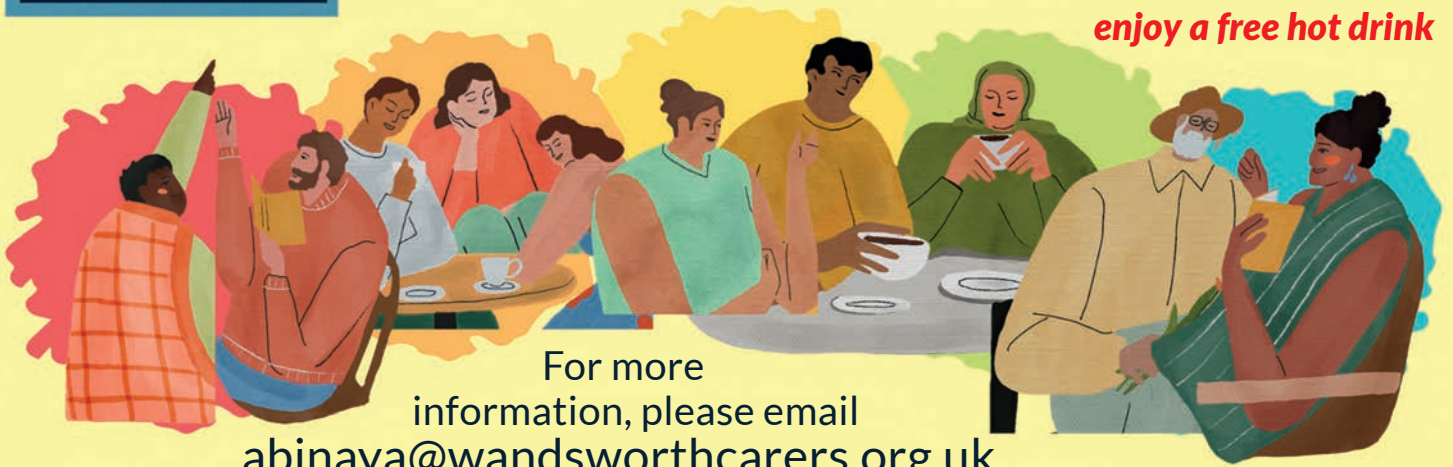


January to May 2023 meeting dates:

- Saturday 14th January from 3pm to 5pm
- Saturday 11th February from 3pm to 5pm
- Saturday 11th March from 3pm to 5pm
- Saturday 8th April from 3pm to 5pm
- Saturday 13th May from 3pm to 5pm



Come along, meet other Carers and enjoy a free hot drink



For more information, please email abinaya@wandsworthcarers.org.uk

MONTHLY TRIPS FOR LGBTQ+ CARERS

If you are a Carer living in London and you are LGBTQ+, come along on one of our monthly free trips.

- Meet other LGBTQ+ Carers
- Enjoy some well-deserved time away from your Caring role

For more information, please contact abinaya@wandsworthcarers.org.uk



Get Connected Project

Do you have a digital device – phone, tablet, laptop –
but don't know how to use it?

Would you like a digital device but don't know what to buy?

Do you need a grant to buy a digital device or pay for internet (WiFi)?

If yes, please contact Wandsworth Carers' Centre
on 020 8877 1200 or email info@wandsworthcarers.org.uk.



We Need your help!

The Wandsworth Carers' Centre office is having a make-over and we would like your help in creating a word collage for our meeting room. Please call us on 020 8877 1200 and answer the following questions:

Question 1: What is the BEST thing about Caring?

Question 2: What is the HARDEST thing about Caring?

Question 3: What WORD comes to mind when you think about Wandsworth Carers' Centre?