

Carers Connect

The Newsletter for Carers in Wandsworth

Issue 46 / April-May 2023

Save the Date Carers Week 2023

5th to 11th June

Bake
Off

Carers
Week
Event

Queens
Gallery
Trip



Hampton
Court
Trip

Look out for details in our next Newsletter

SUPPER CLUB

Every Wednesday from 5pm to 7pm

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

46 Balham High Road, Balham, London SW12 9AQ

“
Lovely food, very
friendly staff, felt
welcomed
”

Booking is essential, so please let us know if you will be coming along. Call 020 8877 1200.

Please note that we cannot guarantee that food served is free from traces of allergens.



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.

South Asian Heritage Month

We are planning an event to celebrate South Asian Heritage Month. We would like to invite Carers to be involved in the planning of this event.

**Thursday 27th April
1pm to 2pm**

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

If you would like to contribute ideas, please contact us on 020 8877 1200 or email saleeha@wandsworthcarers.org.uk

Wandsworth Carers' Centre Opening Times

**Monday, Tuesday,
Thursday and Friday
– 9.30am to 5.30pm –**

**Wednesday
– 9.30am to 7.30pm –**

**Wheelchair accessible
Accessible toilet
Hearing induction loop
Interpreters available**

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
from 10am to 4pm
at our Balham Office

**at Mayfield Surgery,
Roehampton**

Available on Thursdays
from 10am to 4pm

Massage Appointments

Currently available
on Wednesdays

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

WALK, TALK & TEA

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



**Wednesday 3rd May
at 11am
RICHMOND PARK**



Wednesday 7th June at 11am – CLAPHAM COMMON



**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**

Male Carers Social



Get involved with our new **Male Carers Socials**, where male Carers can meet up and take a break.

Our first social will be a Pub Lunch on us! We will pay for your meal (up to £10) including one soft drink.

Friday 29th May 2023

Meeting at 12pm

The Asparagus

1-13 Falcon Road, Battersea Park, London SW11 2PL

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



 Wandsworth Carers' Centre

Music, Poetry, Story-Telling...

For our talented Carers and those who want to share their music or writing, Wandsworth Carers' Centre are hosting an **OPEN MIC EVENT** on Zoom as part of Carers Week 2023

**Thursday 8th June
from 6.30 to 8pm on Zoom**



If you would like to participate in the event or be part of the audience, please email us at anita@wandsworthcarers.org.uk or call us on 020 8877 1200

DRUGS AND ALCOHOL

Carers Support Group

Thursday 27th April at 2pm

WCDAS, St John's Therapy

Centre, 162 St John's Hill,

Battersea, London SW11 1SW

WCDAS

For more information, please call 020 8877 1200 or email tom@wandsworthcarers.org.uk

 Wandsworth Carers' Centre



Neurological Conditions Peer Support Group

Held on the first Tuesday of every month

For those who care for someone with a neurological condition. This includes stroke, Parkinson's, brain injury and MS.

The next meetings will be:

Tuesday 4th April from 11am to 12.30pm

Tuesday 2nd May from 11am to 12.30pm

in-person at Wandsworth Carers' Centre,
46 Balham High Road, Balham,
London SW12 9AQ or on Zoom

In May we will be joined by Sara Challice, author of *Who Cares? How to Care for Yourself Whilst Caring for a Loved One*



Sewing and Sanctuary and the Iris Café banner

*Guest article by the
Sewing and Sanctuary group*

Sewing and Sanctuary is a women's sewing group which began in May 2022. The group was set up by Transition Town Tooting in partnership with Oxfam and CARAS. The space above Oxfam, Tooting Broadway, provides a place of sanctuary for women of refugee and asylum seeker backgrounds and women from the local community, to meet, stitch and chat.

We worked on a commission from Wandsworth Carers' Centre to make a banner for their new Iris Café. The completed banner was delivered in January and they were delighted with it.

One of our facilitators, Jeni, visited the Iris Cafe in October to find out about the interests and memories of the attendees and she fed these back into the sewing group. This inspired the appliqué motifs made by individual members of our group, for example the tomatoes which one man used to grow in Jamaica, and an artist's palette and brush for a man who was an artist.

Nicola then visited the Iris Café in November to run an activity session making pom-poms and felt flowers. This was very positive as it encouraged the attendees to talk about their hobbies and interests. These items were brought back to Oxfam and added to the banner. Various skills were learnt by the group during the making of the banner such as using machine embroidery and how to appliqué. It was a truly collaborative project.

W Wandsworth
Carers' Centre

**Advice
Appointments in
Roehampton
and
Clapham
Junction**

**Roehampton
- Every Thursday -**

**Clapham Junction
- Every Tuesday -**

To book an appointment, please call us on 020 8877 1200 or email anita@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. 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. To sign up, please email Shenade at shenade@wandsworthcarers.org.uk.

Neurological Conditions – Peer Support Group: Held on the 1st Tuesday of each month from 11am to 12.30pm (in-person at 46 Balham High Road, London SW12 9AQ 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.

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 at 46 Balham High Road, London SW12 9AQ 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 at 46 Balham High Road, London SW12 9AQ 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 at 46 Balham High Road, London SW12 9AQ and via Zoom). To sign up, please email quyen@wandsworthcarers.org.uk or call 020 8877 1200.

Peer Support Group For Carers Of People With Dementia

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 – for both Carers and the person with Dementia

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 Wednesday 8th May 2023

Peer Support Groups in April 2023

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

Peer Support Groups in May 2023

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

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**

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



- 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.



Company No.: 3554493



Working in partnership with Carers Trust



Registered Charity No.: 1053121
Company No.: 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 Wednesdays on the following dates:
Wednesday 12th April 2023 from 11.30am to 12.30pm
Wednesday 26th April 2023 from 11.30am to 12.30pm
Wednesday 10th May 2023 from 11.30am to 12.30pm
Wednesday 24th May 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 5th April 2023 from 2 to 3pm
Wednesday 19th April 2023 from 2 to 3pm
Wednesday 3rd May 2023 from 2 to 3pm
Wednesday 17th May 2023 from 2 to 3pm
Wednesday 31st May 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."



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.

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**

Monthly Carers Assessment Surgery for Mental Health Carers

Wandsworth Carers' Centre are 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 having a Carers Assessments please see go to: <https://www.wandsworth.gov.uk/health-and-social-care/adult-social-care/adult-social-care-information-and-advice/looking-after-someone/carers-assessments/>

Get connected Project



COMPUTER CLASS

Join us to build confidence in internet searches, completing online forms and navigating Government websites

**Wednesday 19th April 2023 from 11am to 1pm
46 Balham High Road, Balham, London SW12 9AQ**

**Call 020 8877 1200 or email
info@wandsworthcarers.org.uk**



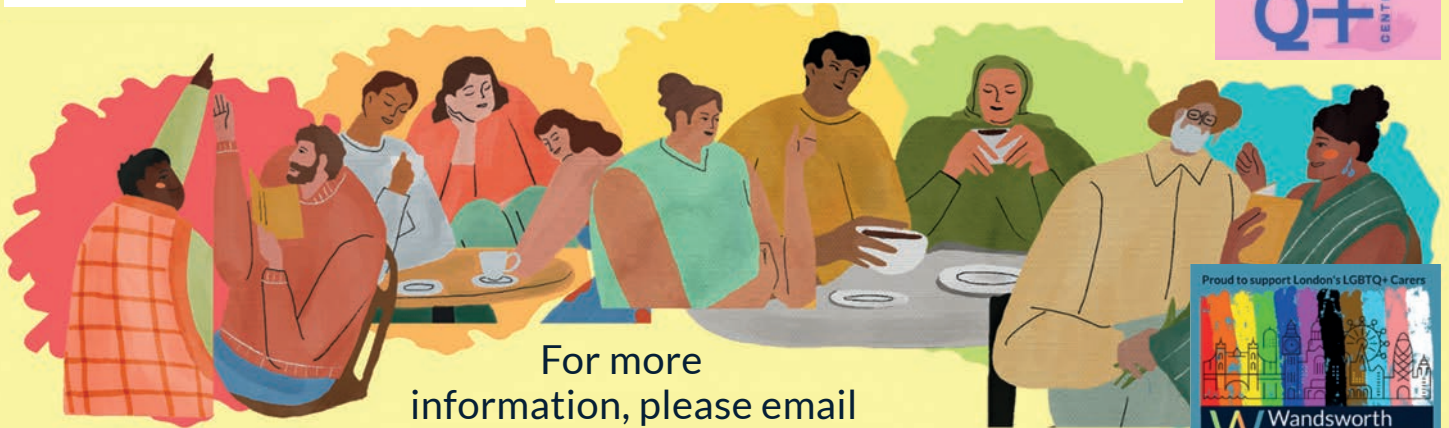


London LGBTQ+ Carers Peer Support Group



Saturday 8th April and Saturday 13th May
from 3pm to 5pm
at Waterloo Action Centre, 14 Baylis Road, London SE1 7AA

Thursday 27th April and Thursday 11th May
from 2.30pm to 4.30pm at London LGBTQ+ Community Centre, 60-62 Hopton Street, London SE1 9JH



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

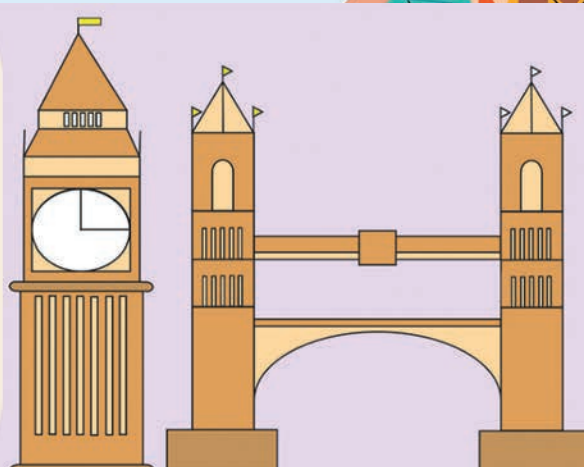


MONTHLY TRIPS FOR LGBTQ+ CARERS

Are you LGBTQ+ and an unpaid Carer, supporting someone who could not manage without you? If you live anywhere in London, come along to one of our monthly trips.

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

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



VOLUNTEER NEEDED!



We are looking for a volunteer to support staff with our trips and outings. If you are interested in this role, please get in touch.



For more information about this role, call 020 8877 1200 or email louise@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.

