

# Carers Connect

The Newsletter for Carers in Wandsworth

Issue 47 / June-July 2023

## CARERS WEEK EVENT 2023

A celebration for  
unpaid Carers!

WEDNESDAY 7th JUNE

11am to 3pm

Civic Suite, Wandsworth Town Hall

To reserve your place, please call 020 8877 1200  
or email [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

MUSIC • FOOD • ENTERTAINMENT



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](mailto:info@wandsworthcarers.org.uk) • Website [www.carerswandsworth.org.uk](http://www.carerswandsworth.org.uk)

Wandsworth Carers' Centre is a company limited by guarantee with charitable status. Registered Charity Number 1053121. Company Number 3152094.

Carers Week

THE  
**QUEEN'S  
GALLERY**

DRESSING THE GEORGIANS  
EXHIBITION

**Tuesday 6th June 2023**  
**at 2.15pm**

Meeting at the  
**Queen's Gallery,**  
**Buckingham Palace,**  
**London SW1A 1AA**

To book your place, call **020 8877 1200**

**Free Body Shop  
Pamper Sessions for Carers**



THE BODY SHOP.



As part of **Carers Week**, we are delighted to be able to offer Pamper Sessions on Wednesday 31st May from 11am to 1pm or 1pm to 3pm at Body Shop Battersea Power Station, 60 Circus Road West, Nine Elms, London SW11 8BU.

\* Facials \*

\* Hand massage \*

\* Make up consultation \*

\* Skincare consultations \*

Places are limited, so please call **020 8877 1200** to book

**PARENT CARERS FAMILY SILENT DISCO**

**FOR  
FAMILIES  
WHO HAVE  
A CHILD  
WITH AN  
ADDITIONAL  
NEED**



**Games!**

**Food!**

**Fun!**

**Saturday 10th June 2023**

Training Resource Centre,  
Alma Road, London SW18 1AQ

To book your family's place,  
please call **020 8877 1200**



# OPEN MIC EVENT

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 2023**  
from 6.30pm to 8pm on Zoom

If you would like to  
participate in the event or be  
part of the audience, please  
call 020 8877 1200 or email  
[info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

 Wandsworth  
Carers' Centre

**FREE EVENT**

★ **The Great** ★  
**Carers Annual**  
**Bake Off 2023**

★ **Monday 5th June**  
**from 1pm**

★ **at Milk Café,**  
**20 Bedford Hill,**  
**London SW12 9RG** ★

★ **Come along to**  
**taste our cakes**  
**and vote for your**  
**favourite bake**



**Registered Charity No: 1053121**  
**Company No: 3152094**



## FREE CARERS TRIP TO HAMPTON COURT PALACE

Experience the public dramas and private lives of Henry VIII, his wives and children in the world of the Tudor court. Admire Henry's Great Hall and Tudor kitchens. Discover the spectacular baroque palace built for William III and Mary II and explore Hampton Court Palace's outdoor spaces and 60 acres of magnificent gardens.

**Friday 9th June 2023**

**Meeting at Hampton Court Palace at 10.45am**

**To sign up for this trip, please call 020 8877 1200**

Please note that this trip is for Carers only and transport is not provided.

### New Staff Introduction – Audrey



I joined Wandsworth Carers' Centre at the end of March and have been really enjoying getting into the swing of things. I have a background in gender and social policy and came to this role after working directly with Carers in a different London borough on a variety

of wellbeing services. As the new Dementia Lead here in Wandsworth, I'll be working with Carers of someone with Dementia, providing 1:1 support, facilitating support groups and running our bimonthly Dementia Cafés. If any of this sounds like it may benefit you, feel free to reach out at [audrey@wandsworthcarers.org.uk](mailto:audrey@wandsworthcarers.org.uk).

### Download the free NHS App



The **NHS App** is a digital platform created by NHS England to allow patients to have more control over their health and care and reduce demand on primary care staff.

The App is a front door to primary care, allowing patients 24/7 access to a range of NHS services such as booking and cancelling appointments, viewing their GP medical record and ordering repeat prescriptions.

To download the **#NHSApp** now, please go to: [www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/](http://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/)



# Carers Week Walk

## The Wandle Trail – Part 2

Thursday 8th June  
at 11am

Join us on this special Carers Week walk along the River Wandle. We will start at Carshalton Ponds and walk for 3.5 miles (approximately 1 1/2 hours) to Morden Hall Park where you will be treated to a refreshing cup of tea or cold drink.



For more information and to book your place,  
please contact us on 020 8877 1200  
or email [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)



# DRUGS AND ALCOHOL

## Carers Support Group

Thursday 22nd June 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](mailto:tom@wandsworthcarers.org.uk)

 Wandsworth  
Carers' Centre

 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  
[support@wandsworthcarers.org.uk](mailto:support@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 26th May 2023**

**Meeting at 12pm**

**The Asparagus**

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

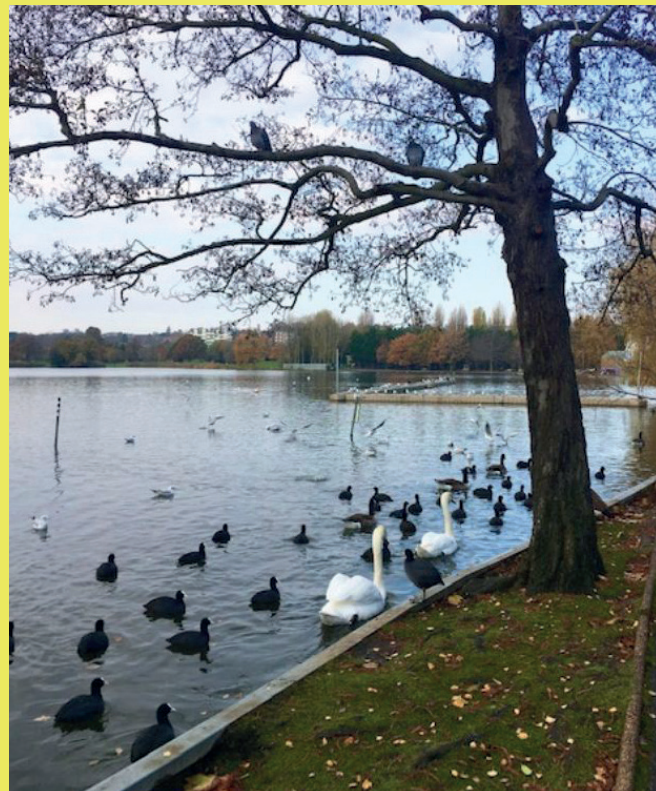
To sign up, please call 020 8877 1200  
or email [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)



# WALK, TALK & TEA

Wednesday 7th June  
at 11am  
CLAPHAM COMMON

Wednesday 5th July  
at 11am  
WIMBLEDON PARK



Wednesday 2nd August  
at 11am  
TOOTING 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](mailto:info@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](mailto:anita@wandsworthcarers.org.uk).

**Carers of People who Experience Mental Illness:** Held on the 2nd Thursday of every month from 2pm to 4pm. **PLEASE NOTE: The meeting in June has been rescheduled to Thursday 15th June, due to Carers Week activities the week before.** 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](mailto: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](mailto: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](mailto:nancy@wandsworthcarers.org.uk).

**Coffee Club – Wandsworth:** 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@wandsworthcarers.org.uk).

**The Iris Café – Supporting Dementia in Balham:** 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](mailto: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](mailto:admin@klsettlement.org.uk).

**The deadline for the next Carers Connect Newsletter is Friday 7th July 2023**



## Peer Support Groups in June 2023

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

## Peer Support Groups in July 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	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
31						



# London LGBTQ+ Carers Peer Support Group



London LGBTQ+ Community Centre, 60-62 Hopton Street, London SE1 9JH



Sunday 4th June from 2pm to 4pm  
Saturday 22nd July from 1pm to 3pm  
Sunday 6th August from 2pm to 4pm  
Sunday 3rd September from 2pm to 4pm  
Sunday 1st October from 2pm to 4pm  
Sunday 5th November from 3pm to 5pm  
Sunday 3rd December from 3pm to 5pm

**COME ALONG,  
MEET OTHER  
CARERS AND  
CHAT OVER  
A HOT DRINK  
AND BISCUITS**



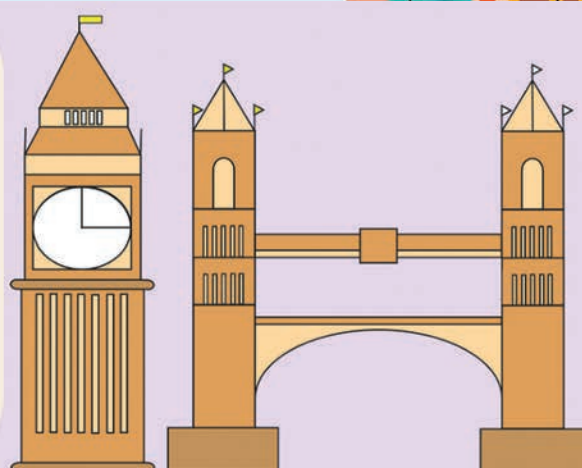
For more information, please email [abinaya@wandsworthcarers.org.uk](mailto:abinaya@wandsworthcarers.org.uk)

## 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](mailto:abinaya@wandsworthcarers.org.uk)





Join us for an Art Workshop on  
**Wednesday 28th June 2023** to  
celebrate South Asian Heritage Month

Make arts and crafts from Pakistan,  
Sri Lanka, Afghanistan, Bangladesh,  
Bhutan, India, Maldives and Nepal.

**ALL CARERS WELCOME**

Your art will be displayed at our  
South Asian Heritage event in July

To sign up and for more information,  
please call 020 8877 1200 or  
email [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

 Wandsworth  
Carers' Centre



**South  
Asian  
Heritage  
Month**



**ALL  
CARERS  
WELCOME**

## **South Asian Heritage Month Event**

Join us to celebrate South Asian Heritage Month  
with an afternoon packed with food, dance, art  
and music on **Wednesday 26th July 2023** from  
**2 to 5pm** at **Balham Baptist Church Hall,**  
**21 Ramsden Road, London SW12 8QX**

To sign up, please call **020 8877 1200** or  
email [saleeha@wandsworthcarers.org.uk](mailto:saleeha@wandsworthcarers.org.uk)

# 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 7th June 2023 from 11.30am to 12.30pm

Wednesday 21st June 2023 from 11.30am to 12.30pm

Wednesday 5th July 2023 from 11.30am to 12.30pm

Wednesday 19th July 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 14th June 2023 from 2 to 3pm

Wednesday 28th June 2023 from 2 to 3pm

Wednesday 12th July 2023 from 2 to 3pm

Wednesday 26th July 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 Abi on 020 8877 1200  
or email [abi@wandsworthcarers.org.uk](mailto:abi@wandsworthcarers.org.uk).





# 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

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.*



## The Power of Planning Ahead Workshop



Royal Trinity Hospice will be running this workshop which will explore individual choices in anticipatory / advance care planning and the power that comes with making a plan.

The workshop will also touch on legal aspects such as LPA and wills, but also speak about the personal choices that each person can make about how they wish to live.

**Friday 28th June 2023**  
from 2pm to 4.30pm  
30 Clapham Common North Side,  
London SW4 0RN

To take part in this workshop,  
please call us on 020 8877 1200

## PANDA'S TREE

SUPPORTING THE UK'S BLACK DOWN SYNDROME COMMUNITY



### Panda's Tree Support Group

Are you a member of the Black / Mixed Heritage community? A parent, Carer or someone supporting a person with Down Syndrome? Panda's Tree is a community and support network for Black / Mixed Heritage families and their friends, who are expecting, raising, or supporting a person with a Down Syndrome diagnosis. We offer support, advice, resources and a safe place to raise questions, discuss, share experiences and meet other parents.

**Join Panda's Tree today!**

<https://www.facebook.com/PandasTree/>



Are you an LGBTQ+ Carer?

Join us on Sunday 18th June to celebrate Pride Month

We will be going out for lunch

We will then visit the Tate Modern for a private, guided LGBTQ+ Art Tour

To sign up and for more information please contact:

[abinaya@wandsworthcarers.org.uk](mailto:abinaya@wandsworthcarers.org.uk)



**W** Wandsworth Carers' Centre

# Active Lifestyles



Get your first session FREE!

**A programme to help Wandsworth adults increase their physical activity levels and improve health**

Regular physical activity in later life is important – not only will it improve your health, your wellbeing will benefit from the programme’s social aspect.

There are classes to suit everyone, so why not try out something new today!

To join or find out more, please email [activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org)

## Active Lifestyles Timetable

Enable Health and Wellbeing



DAY	CLASS	TIME	VENUE	COST
Monday	Tai Chi	1.30pm to 2.30pm	Barn Elms	£4
Tuesday	Pad Work Boxing	10am to 11am	Battersea Sports Centre	£2
	Keep on Moving	10.30am to 11.30am	The Penfold Centre	£5
	Keep Fit for Life	11.45am to 12.45pm 1pm to 2pm	Tooting Baptist Church	£4
	Keep on Moving	2pm to 3pm	Clapham Common St Barnabas Church	£4
Wednesday	Walking Football	11am to 12pm	Wandle Recreation Centre	Pay at Session
	Chi Gung Relax & Breathe	1pm to 2pm	The Penfold Centre	£4
Thursday	Yoga	9.30am to 10.30am	Newlands Community Hall	£3
	Stretch & Movement	10.30am to 11.30am	Newlands Community Hall	£3
	Walking Football Forever Fishponds	9.45am to 10.45am	Fishponds Playing Fields	£5
Friday	Tone & Stretch	11am to 12pm	Roehampton Methodist Church	£4
	Circuit Class	10.30am to 11.30am	The Penfold Centre	£4
	Keep on Moving	11.45am to 12.45pm 1pm to 2pm	St Barnabas Church	£4

To join or to find out more, please:

- Scan the QR Code or visit [bit.ly/activelifestylesbooking](http://bit.ly/activelifestylesbooking)
- Email [activelifestyles@enablelc.org](mailto:activelifestyles@enablelc.org) to get your first session free





## 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**

## Wandsworth Carers' Centre Opening Times

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

**Wednesday  
– 9.30am to 7.30pm –**

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***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**

Available on  
Wednesdays and  
Thursdays

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

# Get connected Project

## COMPUTER CLASS

Wednesday 5th July 2023 from 11am to 1pm

Introduction to communicating - build confidence at sending emails, writing letters and using Microsoft Word documents

Wednesday 12th July 2023 from 11am to 1pm

Video communication including WhatsApp, Zoom, Teams, Jitsi

Wednesday 19th July 2023 from 11am to 1pm

Social Media - Using TikTok, Facebook, Twitter and Instagram

All sessions are held at Wandsworth Carers' Centre,  
46 Balham High Road, London SW12 9AQ

Call 020 8877 1200 or email  
[info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)  
to reserve your place



# Get connected Project

Do you need a new Smartphone, Laptop, Tablet or Wi-Fi connection to stay in touch with family and friends, manage online accounts or anything else?

We can provide a device and Wi-Fi connection, if needed, absolutely FREE to Carers.

Contact Wandsworth Carers' Centre on 020 8877 1200 or email [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

