

Carers Connect

The Newsletter for Carers in Wandsworth

Issue 52 / April-May 2024

Save the Date! Carers Week 2024 10th - 17th June

This year's theme is 'Putting Carers on the Map' and we are busy making plans. Be sure to check out our next Newsletter for our full programme of events and booking information!

Bake Off
London Zoo Trip
Kings Gallery
Quiz Night



A Network Partner of
**CARERS
TRUST**

Wandsworth Carers' Centre, 46 Balham High Road, Balham, 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.

Late Opening



**We are 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**

Carer Involvement

Over the coming months we will be organising events and group sessions that will focus on areas of caring including dementia, autism, learning disabilities and mental health. If you have any thoughts or ideas about what we could do or would like to be involved in planning these, please contact us on **020 8877 1200**.

Back Care & Massage

Back Care Appointments

Available on Tuesdays
from 10am to 4pm
at our Balham Office

Available on Thursdays
from 10am to 4pm
at Mayfield Surgery,
Roehampton

Massage Appointments

Currently available
on Wednesdays

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



Advice Appointments

**You can now make
appointments to see an
Advice Worker in Clapham
Junction and Roehampton**

**Every Tuesday at
Clapham Junction**

**Every Thursday at
Roehampton**

To book an appointment, please
call us on **020 8877 1200** or email
support@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**.

Breaks for Carers

Caring for a family member or friend can often leave little time for Carers to take some time for themselves.

Looking after yourself, both mentally and physically, is important for Carers' general health and wellbeing and for Carers to be able to carry out their caring role.

“This service has helped me so much, I can't put it into words”

Our adult respite service provides Carers the opportunity to take a break from their caring roles by providing a care worker from Bluebird Care Wandsworth to come to your home.

Carers can use these respite hours to spend time with friends, take up or maintain a hobby or simply get some rest.

Carers are able to apply for up to 52 hours of respite through a respite assessment and, if eligible to access the service, hours will be allocated based on the needs of the Carer.

We also provide respite to parents who are looking after a child with a disability or additional need. Ten hours are available and respite can be provided for a child aged 5 or over.

To find out if you are eligible to access our respite service, call us to arrange a respite assessment on **020 8877 1200**.

“The respite service has been a lifeline for me; it's just so nice to get out knowing that everything is OK at home”





Kew Gardens Trip

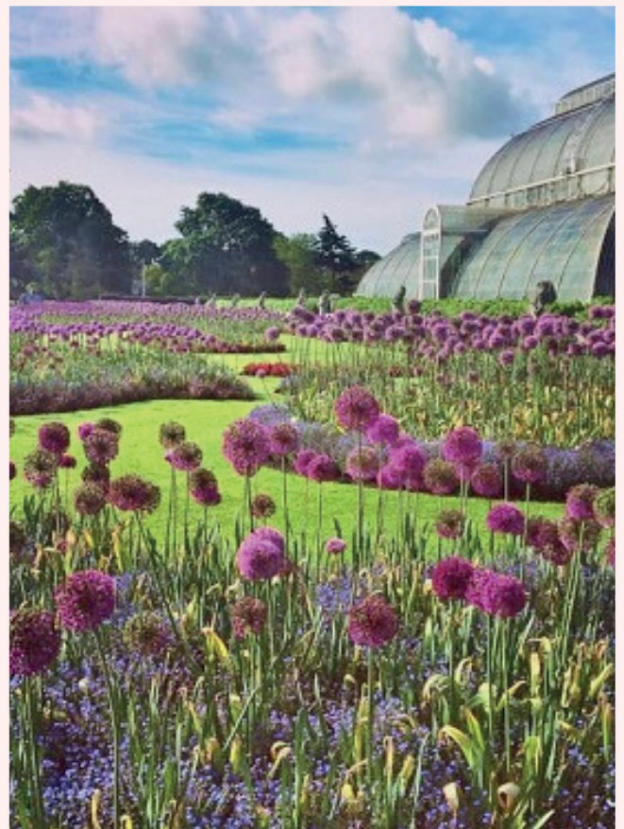
Friday 17th May 2024

Dementia Carers Only



FREE TRIP (12-4pm)
for Dementia Carers
(and the person they care for) for **Dementia
Action Week!**

Transportation from Balham
(11am to 5pm) or Respite
available upon request



For more information or to book a place, email
info@wandsworthcarers.org.uk or call **020 8877 1200**

WALK, TALK & TEA

**Wednesday 3rd April 2024
at 11am
BATTERSEA PARK**



**Wednesday 1st May 2024
at 11am
WANDSWORTH COMMON**



Wednesday 5th June 2024 at 11am – RICHMOND PARK



Come along to meet other Carers, have a lovely stroll and enjoy a complimentary cup of tea or coffee at the end.

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

Bridging Minds

Connecting Black, Asian and Minority Ethnic (BAME) people with lived experience of mental ill health, with families and Carers.

Art Workshops

For people with lived experience and Carers
Starting in **April**

Forums

For people with lived experience, Carers and professionals
Starting in **May**

Training
From **June**



Contact us for more information and to sign up:

Tel: 020 8877 1200 • Email: info@wandsworthcarers.org.uk



Carers Week London Zoo Trip

Carers Week will be here soon and we are planning a trip to London Zoo as part of our celebrations.

In order for us to know how many tickets to purchase, we would like to know how many Carers would be interested in this trip.

Tickets for London Zoo retail at £31 for adults and £21 for children.

To avoid us purchasing more tickets than are needed, we are asking Carers to register their interest in attending this trip.

To register your interest, please call 020 8877 1200 and look out for full details in our next Newsletter.

Please note that registering interest at this time does not guarantee tickets.

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 (in-person at 46 Balham High Road, Balham, SW12 9AQ and via Zoom). To sign up, please email info@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, Balham, 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, Balham, 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 (session only via Zoom). To sign up, please email nancy@wandsworthcarers.org.uk.

Coffee Club – Wandsworth: Held on the 3rd Friday of every month from 10.30am to 12.30pm (in-person at The Ascension Church, 23 Malwood Road, Balham, SW12 8EN and via Zoom).

This group is open to all Carers and the person / people you Care for. To sign up, please 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, Balham, 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 The Ascension Church, 23 Malwood Road, Balham, SW12 8EN and via Zoom). To sign up, please email quyen@wandsworthcarers.org.uk.

Male Carers Social: Usually held on the last Friday of the month from 12 to 2pm. To sign up call 020 8877 1200 or email info@wandsworthcarers.org.uk.

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, 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 (held in-person at Mount Court, 16 Weimar Street, Putney, SW15 1SJ). For more information please call 020 8877 1200 or email 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, SW12 8RQ). 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 Carers Connect Newsletter is Monday 13th May 2024

Peer Support Groups in April 2024

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 Mental Health Carers Group	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' Support Group	26 Male Carers Social	27	28
29	30					

Peer Support Groups in May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4 The Sunflower Café	5
6	7 Neurological Conditions Peer Support Group	8	9 Carers of People who Experience Mental Illness	10	11	12
13 The Male Carers Group	14 Carers of People with Learning Disabilities	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	30 Carers of People on the Autistic Spectrum Asian Carers' Support Group	31 Male Carers Social		

Neurological Conditions Peer Support Group

Stroke

**Multiple
Sclerosis (MS)**

**Parkinson's
Disease**

**Muscular
Dystrophy**

**Motor Neurone
Disease (MND)**



**Held on the first Tuesday
of every month!**

**Run by Ava with support from Carol
from Integrated Neurological Services**

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

MOVING & HANDLING



Dementia Action Week Training
* Dementia Carers Only *

Assisting people to stand, sit, turn and walk, can sometimes be awkward and can cause aches and pains.

Come along to our Moving and Handling session to see and learn techniques to help you stay safe and support the person you care for!



LIMITED SPACES
BOOK YOUR PLACE NOW!

TUESDAY 14th MAY
from 2.30 to 4.30pm



 info@wandsworthcarers.org.uk

 020 8877 1200

Bluebird Care
5, Off College Mews
St Ann's Hill,
London SW18 2SJ

REQUIREMENT TO SHOW PHOTOGRAPHIC IDENTIFICATION TO VOTE IN PERSON

What forms of photographic identification (photo ID) will be accepted to be able to vote in person?

Accepted photo ID to vote cannot be any form of ID. Londoners will need to possess and present one of these accepted forms of photo IDs recognised in law as the proof of identity required to be able to vote:

- A United Kingdom passport
- A passport issued by an European Economic Area (EEA) state or a Commonwealth country
- A national identity card issued by an EEA state
- A UK driving licence (with photo, paper licences will not be accepted)
- A driving licence issued by the Channel Islands, the Isle of Man or an EEA state
- A biometric immigration document
- An identity card bearing the Proof of Age Standards Scheme hologram (a PASS card)
- A Ministry of Defence Form 90 (Defence Identity Card)
- Older Person's Bus Pass, Disabled Person's Bus Pass, Oyster 60+ Card, Freedom Pass
- A Blue Badge
- A free Voter Authority Certificate

Please note that you need to take the **original** form of photo ID with you to the polling station. Photocopies of documents and photos on your phone will not be accepted. You will be able to use expired photo ID if you are still recognisable from the photo. There is more information on the Electoral Commission's website on all the accepted types of photo ID at <https://www.electoralcommission.org.uk/i-am-a/voter/voter-id>.

If they are not in this list, other photo IDs issued by third parties **will not** be accepted as proof of identity to be able to vote.

Please go to <https://registertovote.london/faqs/> for more information and support on how to get an accepted photo ID to vote.

Mental Health Carers Peer Support Group

Thursday 11th April from 2 to 4pm

Hybrid: In person at our Balham office and on Zoom

Psychiatric Medication

Guest:

Advanced Specialist
Mental Health
Pharmacist



Please sign up to attend by contacting us on 020 8877 1200
or email: shenade@wandsworthcarers.org.uk

STRENGTH, MOBILITY AND FALLS PREVENTION

Free Yoga for Carers:

Our current funding to provide weekly yoga sessions has now finished. We will continue to provide a reduced timetable of yoga sessions for an interim period. During this time we will review the yoga we have been providing and seek funding to continue yoga if the uptake of the sessions below is high.

In Person – Wednesday 10th April from 2 to 3pm

Online – Wednesday 24th April from 11.30am to 12.30pm

In Person – Wednesday 8th May from 2 to 3pm

Online – Wednesday 22nd May from 11.30am to 12.30pm

**Please contact Abi on 020 8877 1200
or email abi@wandsworthcarers.org.uk for
more details and to sign up to these sessions.**





SUPPER CLUB

Every Wednesday from 5pm

The purpose of Supper Club is to create a social space for Carers to come together, share a meal and meet with other people.


Places are limited and so we ask that when Carers book a place, they do so with the intention of staying and eating with others. We are not able to provide food to takeaway.

Please note that while there are massage appointments on a Wednesday evening you should not eat beforehand so, therefore, if you would like to book a place at Supper Club and a massage, please ask to book the 5.15pm appointment.


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

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

Call 020 8877 1200



“ **Lovely food, very
friendly staff, felt
welcomed** ”



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

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

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

