

Carers Connect

The Newsletter for Carers in Wandsworth

Issue 53 / June-July 2024

Join us for a Carers Week Celebration

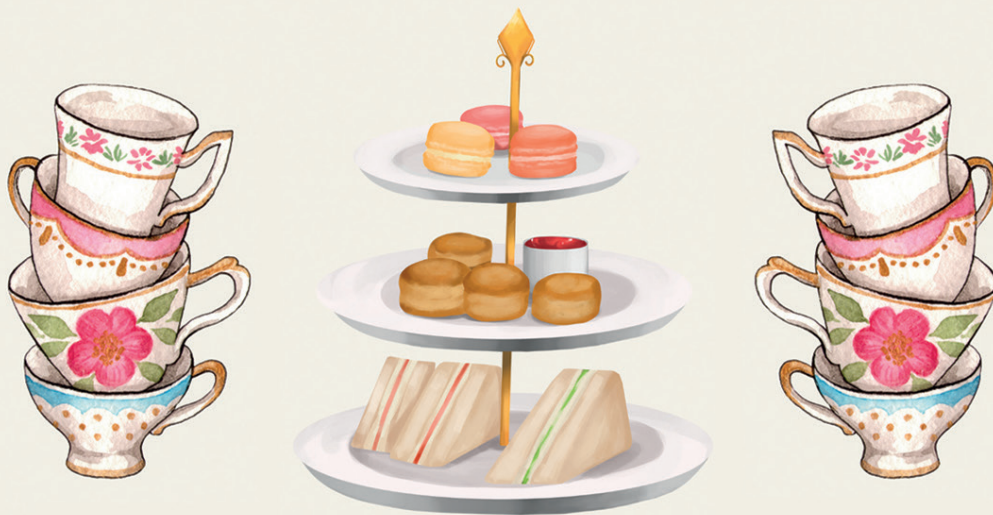
Afternoon Tea

Tuesday 11th June

from 1 to 3pm

Brathway Hall, Brathway Road, London SW18 4BE

Take the 156 or the 39 bus to the Park Tavern stop



Places are limited so booking is essential

A refundable deposit of £10 per booking is required

To book your place call us on 020 8877 1200

This event is for Carers and the person they care for



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.

11th June from 1 to 4pm

Royal Trinity Hospice,
30 Clapham Common North Side, SW4 0RN

As a thank you for all that you do, please join us for a picnic
and free wellbeing activities at Royal Trinity Hospice.
Food and drink will be provided.

RSVP by calling 0777 554 1848 or emailing
connect@royaltrinityhospice.london



Relax, Replenish and Connect in Carers Week 2024

Wednesday 12th June from 2 to 5pm

MoreYoga Wandsworth, 7 Chivers Passage, SW18 1UP

This session is for Carers only

The Afternoon will consist of:

Guided Meditation

Focusing the mind to
boost cognitive skills
and relieve stress



Gentle Movement and Restorative Yoga

To build mobility, resilience,
flexibility, strength and
relaxation in the body



Mindful Tea Break

To engage in the present
moment with a simple
everyday task



Soundbath with Himalayan Singing Bowls

To induce deep relaxation



If you would like to find out more about this session or to sign up,
please email info@wandsworthcarers.org.uk or call 020 8877 1200.

Please note this session will be based on the floor and we cannot
guarantee that chairs will be available.



The Great Carers Week Annual Bake Off 2024

Monday 10th June
from 1.30 to 3.30pm

at MILK, 20 Bedford Hill, SW12 9RG
(corner of Hildreth Street Market)

MILK

*Come along to taste our homemade
bakes and vote for your favourite!*



MAMMA MIA!

SING A LONG



**Friday
14th June at
The Exhibit**

**12 Balham
Station Road,
SW12 9SG**

**Doors open
at 3.45pm for
a 4pm showing**

**Limited tickets: Book in
advance on 020 8877 1200
or by email to info@
wandsworthcarers.org.uk**

**NB: This venue does not
have full disabled access**



ROYAL
COLLECTION
TRUST

THE KING'S GALLERY

Royal Portraits: A Century of Photography

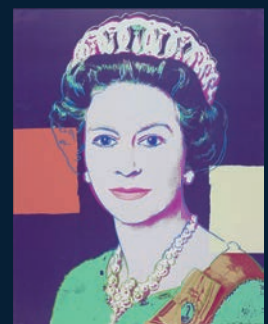
Join us for a special tour of the King's Gallery, exploring over 100 years of royal artwork by artists such as Andy Warhol, Cecil Beaton and Annie Leibovitz.

Tuesday 11th June

**Meeting at 1.30pm
at the King's Gallery,
Buckingham Palace, SW1A 1AA**

Places for this outing are limited
so booking is essential.

**Please call
020 8877 1200 to book**



**Please be aware that priority will
be given to Carers who have not
attended a royal outing before.**

Cupcakes for Carers

Wednesday 12th June 2024

3.30 - 4.30pm or 5 - 6pm

46 Balham High Road



WORKSHOP

Learn to decorate cupcakes using different techniques and take two iced cupcakes home with you!

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



Join us for an outing at **ZSL | LONDON ZOO**

**Saturday 15th June 2024
at 11.30am**

Due to high level of interest in this event, places will be allocated by being drawn from a hat. If you would like to be entered into the draw, please sign up by 30th May. Those who have been successful will be notified on 31st May.

The trip is free, however a refundable deposit of £10 per booking is required. Deposits are not refundable if you do not attend on the day.

To add your name to the ticket draw, please call 020 8877 1200

Please note that only entry to the Zoo is provided and no transport will be available



YOUNG CARERS IN SCHOOLS PROJECT



We are excited to introduce a brand new service to Wandsworth!

Our Young Carers in Schools Project will work with local schools to increase identification of Young Carers and provide access to support.

If you know a Young Carer or work in education with children and young people aged 5 - 18 in Wandsworth, and want to be part of this fantastic new initiative to support fairer futures for Young Carers, please contact: info@wandsworthcarers.org.uk

Mental Health Carers Peer Support Group

Thursday 13th June from 2 to 4pm

Tour of the new Springfield site

June's Support Group will take place at the new Springfield site. We will meet the new Peer Support Co-ordinator who will give us a tour of the site, before telling us all about the new Peer Support Service.



Contact us at info@wandsworthcarers.org.uk to let us know you would like to come and for the address of where to meet.



**Do you need a break from your caring role?
Would you like to catch up with friends, take up a hobby
or just take some time to relax at home?**

We offer a respite service to unpaid Carers who are caring for someone over the age of 18 and a service for parents who have a child with an additional need over the age of 5. We can offer up to 52 hours of respite to Carers who are eligible.

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

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 martina@wandsworthcarers.org.uk.

NB: NO JUNE MEETING DUE TO CARERS WEEK

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@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 info@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 8th July 2024

Peer Support Groups in June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
					The Sunflower Café 1	2	
3	4 Neurological Conditions Peer Support Group	5	6	7	8	9	
CARERS WEEK	10 The Male Carers Group	11	12	13 Carers of People who Experience Mental Illness (at Springfield Hospital)	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' Support Group	28 Male Carers Social	29	30	

Peer Support Groups in July 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	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	31				



Free Yoga for Carers

Thanks to funding awarded from the Worshipful Company of Innholders, we are delighted to be able to continue to offer Free Yoga for Carers.

Upcoming Classes:

**In Person – 12th June – Carers Week Special
(contact us to find out more)**

Online via Zoom – 26th June from 11.30am to 12.30pm

In Person – 10th July from 2 to 3pm

Online via Zoom – 24th July from 11.30am to 12.30pm

**All of our In Person classes take place at
MoreYoga Wandsworth, 7 Chivers Passage, SW18 1UP**

Join us both Online and In Person Yoga Classes. To sign up to join the classes, find out more about Yoga or to have a telephone consultation with the Yoga Teacher, please contact us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

REGISTER NOW



020 8877 1200



info@wandsworthcarers.org.uk

WALK, TALK & TEA

Wednesday 5th June 2024 at 11am – RICHMOND PARK



Wednesday 3rd July 2024
at 11am
WIMBLEDON PARK

Wednesday 7th August 2024
at 11am
STREATHAM COMMON



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.

Forum

Date: 31st May 2024 from 12 to 2pm

Venue: Community Empowerment Network

DRCA Business Centre, Unit 44, Charlotte Despard Avenue, SW11 5HD

Why attend?

- Take part in discussions and training on **crisis prevention and recovery**, with emphasis on the vital role of relationships between people with lived experience of mental ill health and their families and Carers.
- Have culturally sensitive conversations in a safe place.
- Meet other Carers and people with lived experience, network and enjoy some light refreshments.



This project also offers visual art workshops and training sessions

Contact us for more information and to sign up:

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



Opening Hours

Monday	9.30am-5.30pm
Tuesday	9.30am-5.30pm
Wednesday	9.30am-7.30pm
Thursday	9.30am-5.30pm
Friday	9.30am-5.30pm
Saturday	CLOSED
Sunday	CLOSED

For enquiries, call 020 8877 1200 or email info@wandsworthcarers.org.uk

Wheelchair accessible - Accessible toilet
Hearing induction loop - Interpreters available

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!

Facilitated by Ava and Carol from Integrated Neurological Services

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

Back Care & Massage



Back Care Appointments

Tuesdays from 10am to 4pm
at our Balham Office

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

Massage Appointments

Wednesdays from 10am to 4pm and
Thursdays from 10am to 6.15pm
at our Balham Office

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



Advice & Information Service

If you need practical support, our advice appointments are now available in Balham and Clapham Junction

Call us on
020 8877 1200 to book



BOWEL CANCER AWARENESS MONTH

If you are aged 56 to 74, you should have received your Bowel Cancer Screening Kit through the post. That is because the NHS automatically sends a kit every two years to people in that age group. Nine out of every 5,000 people who use their test kit turn out to have cancer. But if it's spotted early, the chances of recovering from bowel cancer are higher. The test can be done in the comfort of your home and only needs a tiny sample of poo to test for signs of cancer. So, keep an eye out for your Bowel Cancer Screening Kit in the post, or dig out the one that you put away in that drawer and forgot about. And then put it by the loo. **DON'T PUT IT OFF.**

PRIMARY KEY MESSAGES

- The NHS Bowel Cancer Screening Kit can save your life.
- Just a tiny sample detects signs of bowel cancer before you notice anything wrong.
- If you are sent an NHS bowel cancer screening kit, put it by the loo. **DON'T PUT IT OFF.**

SECONDARY KEY MESSAGES – WHY IS SCREENING OFFERED?

- Bowel cancer is the third most common cancer in the UK. Yet the latest data showed that one third of people who were sent an NHS Bowel Cancer Screening Kit in England last year did not go on to complete it.
- Detecting bowel cancer at the earliest stage makes you up to 9 times more likely to be successfully treated.
- The NHS Bowel Cancer Screening Kit detects signs of cancer before you notice anything wrong.

USEFUL INFORMATION

- The Faecal Immunochemical Test (FIT) kit is available through the NHS Bowel Cancer Screening Programme to everyone aged 56 to 74 and is expanding to include all over 50s.
- People aged 75 and over can request a kit by phoning the NHS Bowel Cancer Screening helpline on **0800 707 60 60**.
- The FIT kit is convenient to use as it only requires one sample which is done in the privacy of your own home and returned in a sealed bottle.
- Bowel cancer screening is offered to eligible people every two years.
- Around 2 out of 100 people who use their FIT kit will require further tests.
- Nine out of 100 people who have these further tests (nine out of 5,000 people who use their Bowel Cancer Screening Kit) turn out to have cancer.
- In the UK every 30 minutes someone dies from bowel cancer.
- Find out more about bowel cancer screening at Bowel cancer screening at <https://www.nhs.uk/conditions/bowel-cancer-screening/>

IMPROVING CARERS ASSESSMENTS

We are looking for unpaid Carers to support with developing online Carers Assessments. The aim of this is to improve the consistency, timelines and overall user experience of online assessments. If you have experience of completing an online assessment or have thoughts on how they could work best for Carers and would like to be involved, call us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

UNPAID CARER'S TRAINING

Upcoming Courses

NHS FUNDED | DATES THROUGHOUT 2024

Falls Prevention face to face 1 hour multiple dates	FREE
Wound care/sepsis online 1 hour multiple dates	FREE
Medicines Management online 1.5 hours multiple dates	FREE
Nutrition/Hydration online 1 hour multiple dates	FREE
Dementia Awareness online 1.5 hours multiple dates	FREE
Manual Handling Introduction face to face 2.5 hours multiple dates	FREE
Looking After Yourself online 1 hour	FREE
End of Life Care online 1 hour multiple dates	FREE
First Aid Awareness online 1.5 hours multiple dates	FREE
Care Certificate Awareness online 1.5 hours multiple dates	FREE
Power of Attorney/Deputyships online 1.5 hour multiple dates	FREE
Mental Health Awareness online 2 hours multiple dates	FREE
Health Literacy online 1 hour multiple dates	FREE

SCAN TO BOOK



Book via our delivery partner at aimsol.co.uk/training or scan QR code

@integratedcaresupport

hello@integratedcaresupport.com

COMMUNITY UPSKILLING & JOB READINESS

Upcoming Courses

NHS FUNDED | 2024 | ONLINE VIA ZOOM

Communication, Interpersonal Skills & Team working 2-hours multiple dates	FREE
CV Preparation 1.5-hours multiple dates	FREE
Preparing for Interview 1.5-hours multiple dates	FREE
Time Management 1.5-hours multiple dates	FREE
Medical Terminology Awareness 1.5-hours multiple dates	FREE
Unconscious Bias 1.5-hours multiple dates	FREE
Health Literacy 1-hour multiple dates	FREE
Mental Health Awareness 2-hours multiple dates	FREE
Care Certificate Awareness 1.5-hours multiple dates	FREE

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Active Lifestyles Timetable

Enable Health
and Wellbeing



DAY	CLASS	TIME	VENUE	COST
Monday	Tai Chi	1pm to 1.45pm	Burridge Gardens Community Centre, SW11 1AR	£3
	Chi Gung Relax & Breathe	1pm to 2pm	The Penfold Centre, SW18 4TJ	£4
	Move More	11.30am to 12.30pm	St Anne's Church, SW18 2RS	£4
Tuesday	Pad Work Boxing	10.30 to 11.30am	Battersea Sports Centre, SW11 2DA	£4
	Move More	10.15 to 11.15am	Tooting Baptist Church, SW17 9LD	£4
	Keep on Moving	10.30 to 11.30am	The Penfold Centre, SW18 4TJ	£5
	Keep Fit for Life	11.45am to 12.45pm 1pm to 2pm	Tooting Baptist Church, SW17 9LD	£4
	Mindful Slow Flow Yoga	2pm to 3pm	Roehampton Fitness Centre, SW15 4JB	£3
	Keep on Moving (Clapham Common)	2.15 to 3.15pm	St Barnabas Church, Clapham Common, SW4 9SW	£4
Wednesday	Keep Fit Class	10.15 to 11.15am	St Andrew's Church, SW18 3QF	£3
	Move More Online	11am to 12pm	Online Class Email for more information	Free
	Walking Football	11am to 12pm	Wandle Recreation Centre, SW18 4DN	Pay at Session
Thursday	Yoga	9.30 to 10.30am	Newlands Community Hall, SW15 3EP	£4
	Stretch & Movement	10.30 to 11.30am	Newlands Community Hall, SW15 3EP	£4
	Move More	2 to 3pm	St Barnabas Church, SW18 5EP	£4
Friday	Circuit Class	10.30 to 11.30am	The Penfold Centre, SW18 4TJ	£4
	Keep Fit for Life	10.15 to 11.15am	Burridge Gardens Community Centre, SW11 1AR	£4
	Tone & Stretch	11am to 12pm	Roehampton Methodist Church, SW15 4EB	£5
	Keep on Moving (Southfields)	11.45am to 12.45pm	St Barnabas Church, SW18 5EP	£5

To join simply show up at the session or to find out more, please: email activelifestyles@enablelc.org

