

# Kingston Carers' Newsletter

Autumn 2011

## KCN News

**Reminder:** The Annual General Meeting will be held on **Wednesday 19th October at 12.30pm to 2.00pm** at Christ Church, Coombe Road, New Malden. A sandwich lunch will be provided. Please contact KCN on 020 3031 2757 to confirm your attendance.

## **Carers' Rights Day**

### Money Matters

Friday 2nd December at Noble Centre

12.30pm to 5.00pm

Information and advice

**Free NHS health check & cholesterol check for  
40 – 74 year olds (subject to eligibility)**

**Appointments must be booked on 020 3031 2751**

Carers UK estimate that £840 million in carers benefits are going unclaimed because carers aren't getting the advice and information they need. This financial support matters in order to buy necessities, but also matters as the stress of struggling to make ends meet can take a huge toll on carers' health.

Call Jo on 020 3031 2757 to book a health check or find out more about the event. More details will be available nearer the time.



## **Carers' Christmas Party**

Thursday 15th December 6.30pm to

9.30pm at the Mefas Hall, Blagdon Road.

*Come and join us for festive cheer!*

Please book your space

by calling 020 3031 2757

'The Voice of Carers in Kingston', the new forum for Kingston carers, is looking for more carers to get involved. Please do come along to the next meeting on Wednesday 11th January 2pm to 4pm at the Noble Centre

Tea and cake provided. If you would like to attend or would like to find out more about the meetings please contact Kate Dudley on 020 3031 2752

## **Lack of support for carers costing England £billions every year**

A report published by The Princess Royal Trust for Carers and Crossroads Care shows that there are about 1.3 million delayed transfer of care days in England's hospitals, partly caused by carers not being involved in discharge processes, costing an extra £150 million every year. Furthermore, English councils are spending £1.5 billion more than they need to on residential care because they are failing to support carers and provide care in the home. The report states that an investment in carers' services of at least £119 million annually is needed to make that saving. Evidence shows that increasing support for carers not only improves the health and wellbeing of patients and recipients of care but also improves the health and wellbeing of carers. It also reduces unwanted admissions, readmissions and delayed discharges in hospital settings as well as reducing unwanted residential care admissions and length of stays.

### **Government to continue listening on NHS reform**

There are regional events happening throughout October giving carers the opportunity to discuss the proposed health changes with members of the Future Forum, an advisory panel to the Government on health reform. For more information and to book a place:

[www.regionalvoices.net/2011/09/future-forum-phase-2-regional-voices-events](http://www.regionalvoices.net/2011/09/future-forum-phase-2-regional-voices-events)

### **Employers want support to help carers in the workplace**

Employers for Carers, affiliated to Carers UK, have published results from a survey of employers and employees. Key findings:

- 43% indicated that their work had been negatively affected by caring and that they felt tired, stressed and anxious.
- Only 20% felt that the support they currently received was adequate and at the right level to help them manage.
- 83% of employers are looking for more practical help from external care and support services
- 60% employers would like help to create and support employee carers' networks.

More information about this report can be found on: [www.employersforcarers.org/latest-news/item/245-caring-at-a-distance-bridging-the-gap](http://www.employersforcarers.org/latest-news/item/245-caring-at-a-distance-bridging-the-gap)

## **Generic Carers' Support**

There were 40 new referrals to the Generic Carers' Support Service over the summer months (June to August). I continue to support carers individually by providing information, advice, emotional support and also some practical support to carers, for example with form-filling, liaising with council departments/benefit agencies and accompanying carers to other organisations that also offer support/services for carers. Please do not hesitate to contact me if you are having any difficulties – if I cannot help you myself I will endeavour to find someone who can.

I can help with a wide range of issues – just a few examples of help given recently include successfully applying for a holiday grant for a carer who is a lone parent on a low income, obtaining a power of attorney, accompanying a carer who was feeling anxious and isolated to Age Concern's Bradbury Centre, obtaining agreement for a housing association transfer and supporting a carer on a visit to one of Kingston Council's residential care homes.

I also continue to facilitate 3 support groups – numbers attending the Asperger Carers Support Group and ADHD Carers Support Group remain at around 6/7 but attendance at the Generic Carers Support Group at Canbury Medical Centre has reduced. If you have attended this group before I would encourage you to attend on Friday 7<sup>th</sup> October 2011 from 10.00am to 11.30am as I am very interested in hearing your views about future support groups and how these could be improved.

For any carers who are feeling under pressure with the demands of life I will be delivering two workshops on “**Understanding Stress**” and “**Strategies for Managing Stress**” on Friday 14<sup>th</sup> October and Friday 21<sup>st</sup> October from 2.00pm to 4.30pm at the Noble Centre. The workshops are also being delivered by Olwen Sawney, who is herself a carer, and understands very well the additional pressures experienced by many carers.

**Carol Harvey**

## **Young Carers' Support**

The summer has been a very busy and enjoyable time in the Young Carers' Project as 67 of our very special children and young people joined us regularly for activities, offering them lots of fun, peer support and a break from the caring responsibilities they all face at home. They range in age from 5 to 17 and the activities we arranged reflected that.

We were lucky enough to be able to participate in

two residential trips, one in Kent for the 9-13 year olds, sponsored by Help a London Child and Menzies Accountancy and also one in the New Forest for the 13-17 year olds, kindly donated by UK Youth. These were fantastic opportunities to have a long break, learn new skills (lighting fires, bush craft, raft building) and make good friends. We didn't have much sleep but we did enjoy ourselves!

We ran a week long drama workshop, culminating in a performance in front of all our families and friends at the Corner House Theatre. The young carers were amazing to watch. Their confidence grew as the week went on and we were all very proud of them on show night.



We also had a fantastic day out at Thorpe Park, entered a dragon boat race (many thanks to our great friends at the Rotary Club of Kingston), a trip on the London Eye, cookery workshops, an unforgettable day with the Horse Rangers Association, which they very generously donated to us and many, many more great days out.

As always, we truly could not do any of this without our volunteers. This summer they contributed 218 hours of their time, energy and patience to our project. Huge thanks to them from us and all our young carers who adore and value them.

September is proving to be as busy as ever. We are meeting all the children recently referred to us, re-establishing our connections with schools and in those geographical areas where we feel we are not offering enough support. If you know anyone between the ages of 5 and 18 who cares for someone at home, be it mum, dad or sibling, please do contact us and we will do whatever we can to help.

**Diane, Aidan and Liz**

### **Holistic Therapies for the Wellbeing of Carers**

There are a range of different therapies and massages to choose from, with members of KCN getting discount prices.

#### **Alternate Mondays at Noble Centre**

To find out more or to book a treatment, contact

**Kingston Carers' Network on 020 3031 2751**

# Mental Health Consultation Event

**Looking for Solutions Together**

**With Mental Health Carers in Kingston**

**23rd May 2011, King Charles Centre, Surbiton**

This event was an opportunity for carers, families and friends to give their views on the existing carers' services and mental health and substance misuse services provided in Kingston. It was also an opportunity for carers to work with health and social care commissioners and service providers on identifying what they felt should be priorities for future services in a climate of reduced funding. During the first part of the event, carers fed back to us on the services/suggestions they thought were important and should take priority. Carers identified the following:

**Carers Support Services:** One to one with carer support worker; Counselling; Telephone advice and guidance.

**Carers' Assessments:** Support plans following assessment; respite break funding; referral to carer support services

**Community Teams:** Communication with professionals; \*communication with families on any changes in care co-ordinator; access to family work trained professionals – 'family surgeries'

**Acute Ward:** Support group; information pack; Carers' Lead on ward and Advance Directives were considered to be equally important, closely followed by staff training on confidentiality

**Carers Being Involved:** Carers Forum; supporting other carers – peer support; Mental Health Carers' Development Group

**Other issues identified/added by carers at the event were:** \*Holistic care - to include physical and mental health; \*GPs to be recovery trained; \*work with the whole family; \*pursuing your dreams and ambitions workshop for carers

\* added by carers

Two areas came out very clearly from the exercise as priorities for development:

Communication with professionals

Support plans following carers' assessments.

This feedback will be used to inform the joint local action plan for Kingston's mental health and substance misuse carers and the work of KCNs Mental Health and Substance Misuse Project. If we can show improvement in those 2 areas over the following year, then carers will see that their feedback is acted on and will feel that their time is

not wasted by engaging in consultation exercises.

The focus of the second part of the event was on local service provision for the people you support, with local services changing over the coming years, to provide more cost efficient services. Since Sylvie Yeo (Mental Health and Substance Misuse Commissioner for NHS Kingston) was unexpectedly called away at the last minute, Sue Denby (Service Director for Richmond and Kingston, South West London and St George's NHS Mental Health Trust) took the lead. The new Mental Health Commissioning Manager, Richard Gorff, and the Interim Carers' Lead, Adrian Davey, were introduced, copies of the Trust's Carers', Family and Friends' Strategy and its 10 Quality Standards were distributed and outlined and carers were able to raise a number of issues that concerned them.

We aim for there to be additional opportunities to work with commissioners and services providers over the coming year on specific projects and will keep you informed.

### Book Club for Carers

**If you like reading & chatting, this Book Club, run by carers, for carers is ideal for you!**

**first Thursday of the month**

**the book Club will meet monthly at the**

**Noble Centre, New Malden KT3 4BD please contact Kate on 030 3031 2752**

**To find out more, contact Kingston Carers' Network on 020 3031 2751**

**A few Spaces are now available**

**Celia Windsor** is a Reiki Master who offers both Reiki and Indian Head Massage treatments at her home in Chessington. Special rate for carers – £12 for 45mins treatment.

Phone **Celia** on **020 8397 2012/0790 549 8964** or email: **celiawindsor@hotmail.com**.



Celia also provides treatments to carers at Noble Centre on a voluntary basis every month. It is advisable to book 2 or 3 months in advance. Call **Jo** on **020 3031 2757** to book.

### Want to feel wonderful?

Holistic massage and aromatherapy treatments at discounted rates. Whether to pamper yourself or to address longer term health concerns, a blissful treatment will leave you feeling relaxed and refreshed.

**Appointments available Tuesday and Wednesday afternoons and Friday mornings**

**Please call KCN on 020 3031 2757 to book**

## What's available for Kingston's Carers



Beautiful, original greeting cards, gift wrap and stationery items from Phoenix Trading.

**Sold by Kingston carer Anna Dyson**

**10% discount offered for carers**

Catalogue available at Kingston Carers' Network or online at [www.phoenix-trading.co.uk/web/annadyson/Store.php](http://www.phoenix-trading.co.uk/web/annadyson/Store.php)

For more information or a FREE catalogue please call **Anna** on **020 8549 5581**.

### Free Counselling Service

We have free counselling available for people who are caring for someone living in the Royal Borough of Kingston upon Thames.

One to one, confidential counselling is provided by trainee counsellors who are undertaking post graduate counselling qualifications.

If you would like to find out more, please contact Kingston Carers' Network on **020 3031 2757** or email: [director@kingstoncarers.org.uk](mailto:director@kingstoncarers.org.uk)



## Close Cuts

**Special needs hairdressing in the community**



Are you a carer who finds it hard to get to the hairdresser or barber?

Do you care for someone who also finds it difficult to get a haircut?

Gina is a qualified and experienced hairdresser who is offering her hairdressing services to carers at the Noble Centre

#### Services available

Haircut for ladies or gents, Blow dry or set.

Gina is fully insured and CRB checked.

Please contact **Kingston Carers' Network** on **020 3031 2751** to make an appointment. A voluntary donation may be made.

Gina also offers a home visiting service where she will visit you to cut/set or blow-dry your hair. Whilst there she is happy to do small jobs around the home i.e. bed making, washing up, hovering, and of course making a lovely cup of tea!! For more information or to book a home visit please call **Gina** on **07970 833652** or email [gina@closecuts.co.uk](mailto:gina@closecuts.co.uk) Prices start at £20.00

#### Admiral Nurse

Sybil Sibanda, Sybil provides support carers of people with dementia. Please contact **020 8296 1336**

### Support Group for Carers of Adults with Asperger Syndrome

Carers meet every six weeks in New Malden.

Contact **Carol** on **020 3031 2753**

### Mental Health Carers Group

Carers meet monthly on the 2nd Tuesday 6pm to

7.15pm at Tolworth Hospital

Contact **Veronica** on **020 3031 2755**

### Carers of Children & Young People with ADHD Support Group

Meets 2nd Friday of the month at Noble Centre

Contact **Carol** on **020 3031 2753**

### Breatheasy

For people with lung disease/disorders & their family/friends. Group meets monthly on the 1st Tuesday in Surbiton. Contact Bill **020 8948 4419**

### Parkinsons Disease

Various monthly meetings for people with Parkinsons & their family and friends.

Contact Marina **0844 225 3772**

### Multiple Sclerosis Carer Support Group

Carers meet monthly on the **1st Tuesday** in Surbiton.

Contact Ray **07986 514513**

### Dementia Carers' Cafe

Meet in Chessington on the last Wednesday of the month. Contact June **07535 964435**