



Lewisham Carers Newsletter

January—April 2010



CARERS LEWISHAM

BUILDING HEALTHY CARING COMMUNITIES

FAMILY CARERS HEALTH WEEK 2010

**Monday 22nd to
Friday 26th February**

An action packed week of activities based around Health and Well Being.

Mon 22nd: 10:30 - 12:30 Stress Busting for Carers

A mixture of theory, laughter & practical ways to release negative stress.

Tues 23rd: 10:30 - 12:30 Coffee morning – Healthy Recipe Swop.

Bring along a healthy recipe to share

1:30 – 3:30 Wellness inside and out – Basic nutrition and lifestyle session How you can

improve your health?

Weds 24th: 10:30 – 12:30 Singing workshop – come and sing for your health.

Singing fun for all

Thurs 25th: 10:00 – 1:00 Men’s therapy session – Indian Head massage All men carers welcome to come along.

Friday 26th RELAXATION DAY
10:00 -12:00 **Yoga session**
12:00 – 3:00 **Massage and reflexology sessions.**

NOTE: TO HELP TOWARDS THE COST OF RUNNING THE RELAXATION DAY WE WILL BE ASKING PEOPLE ATTENDING TO

MAKE A DONATION OF £3. 00. Please note that priority will be given to carers who have not attended a relaxation day before.

If you need help with a sitter/ childcare and or transport to be able to attend any of the above activities please let us know when you book and also which therapy you would like to try.

For all the above sessions, except the coffee morning, please ring to book as places are limited

Call Cathy on 020 8699 8686 and secure your place.

If you care for or support a mentally or physically ill or disabled child, partner parent other relative or friend, unpaid, then Carers Lewisham is here to support YOU.

Don't struggle on alone get the help and support you need and deserve.

Help Line:

**Tel: 0208 699 8686
MONDAY 9.30-8.30PM
TUESDAY AND THURSDAY
9.30-6PM (TERM TIMES)
OR 4.30PM**

**(SCHOOL HOLIDAYS)
WEDNESDAY AND FRIDAY
9.30-4.30**

**EMAIL:
INFO@CARERSLEWISHAM.
ORG.UK
WEB:
WWW.CARERSLEWISHAM.
ORG.UK**

FIND OUT MORE ABOUT YOUR RIGHTS!

Many unpaid family carers do not get the help or support they need because they do not understand what they are entitled to.

If you regularly provide unpaid care or expect to provide care in the near future, these workshops will inform you of your rights as a carer.

We will give you an overview of what you might be entitled to in the morning and you will have an opportunity to share your experiences with other carers. In the afternoon representatives from Social Services and the Benefits Agency will be here to give you specialist

advice.

The next Carers Rights Day is on:

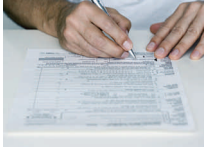
**Friday 26th March
2010 at 10.30am – 2.30pm**

**Please call Sharon on
020 8699 8686 to
book your place**

INSIDE THIS ISSUE

CARERS PROTEST	2
REGULAR ACTIVITIES	3
DEMENTIA EVENT	4
ASSERTIVENESS	5

FORMS TO COMPLETE?????



Learn How to
complete
successful
benefits forms

**Do you have problems
completing forms?**

**Do you have a
Disability Living
Allowance or
Attendance Allowance
form to complete?**

**Would you like to
know more about
completing successful
applications**

If so, come along to our

workshop and give
yourself the best chance
of getting the right deci-
sion.

We will go through the
process step by step to
help you understand the
best way to complete
the forms.

The next sessions are
taking place at the Car-
ers Centre on the follow-
ing dates all 11.00am
to 1.00pm.

**Thursday 11th February
Thursday 11th March
Thursday 8th April**

**Please call Sharon on
020 8699 8686 if you
would like to attend.**



**Ready to stop
smoking?**

For a free stop smok-
ing programme and
medication.

Call
0800 0820 388 to
find out more
**Lewisham
Stop Smoking Service**



CARERS POVERTY ALLIANCE

The Carers Poverty Alli-
ance has grown out of
the Carer Poverty Pro-
test which took place on
April 22nd 2009 when
many Carer Groups
worked together to-
wards a single goal,
that of the first ever
Carers Poverty Protest
in London and Edin-
burgh, simultaneously.
This proved to be so
successful that all con-
cerned wished to con-
tinue in bringing Carer
issues to the fore and so
the Carers Poverty Alli-
ance came into being.
Carers have almost no
chance of improving
their circumstances due
to the limitations placed
on them by the benefits
system and by the lack
of affordable, reliable
and appropriate res-

pite.
Carers save the NHS,
the Government and the
tax payer over £87 bil-
lion every year
Their aim is to keep up
the pressure for Finan-
cial and Social freedom
from poverty for Carers.

The Carers Poverty Pro-
test group are organis-
ing another protest:

3rd March 2010

People will meet at Tra-
falgar Square at 12pm
ready to start the pro-
test march.

The protest will march
from Trafalgar Square
to Richmond Terrace,
which is right next to
Downing Street, shortly
after 12pm.

The protest will continue
at Richmond Terrace,
with a small party of
Carers and 2 MPs going
to Downing Street to

hand in the Petition at
1.30pm.

After the petition is
handed in, the march
will continue from Rich-
mond Terrace the short
distance to the Houses
of Parliament.

If people cannot get to
Trafalgar Square by
12pm, you can join at
Richmond Terrace.

At the Houses of Parlia-
ment, Committee Room
14 has been booked by
David Borrow MP for
the Carers Poverty Alli-
ance from 2.30pm to
3.30pm. Committee
Room 14 can hold up to
175 Carers and will
give you the chance to
put your views across to
your MP.

Please contact your MP
to ask them to meet you
there if you are plan-
ning to attend.

Regular Activities

COFFEE MORNINGS

All carers welcome. Come along and relax, have a break, meet other carers, share experience, have a laugh!

**Every Tuesday
10.30-12.30**

IT/COMPUTER CLASSES

4 classes per week for beginners and more experienced people who want to update their skills.

**Every Monday and
Wednesday
Term time only.
am and pm classes
during term time**

Contact Beverley at Carers Lewisham for more information.

MONTHLY

PARENT CARER COFFEE MORNINGS

Open to all parent carers of children with special needs.

**3rd Wednesday of every
month 10.30-12.30**

**Dates: 17th Feb; 17th
Mar; 21st April; 19th May**

EVENING CARERS GROUP ADVICE AND INFORMATION DROP IN

Open to ALL carers who would like advice information, support and/or to meet other carers in the evenings

**2nd Monday of the
month
Drop in 5.30-8.30
Group 7.00-9.00**

**Dates: 8th Feb; 8th
Mar; 12th April**

MALE CARER SESSIONS

Open to all male carers who would like advice, information and support for themselves

**10.30 –12.30 Usually last
Thurs. of the month**

Contact Bruce at Carers Lewisham for more information.

**Dates: 28th Jan; 25th
Feb; 25th Mar; 29th April**

MENTAL HEALTH ADVICE DROP IN

Open to anyone who cares for someone with a mental health problem such as Schizophrenia, Bi-Polar Depression etc.

Come along and get professional specialist advice and support.

**10.30-12.30 pm 1st Wed
of the month**

Topics for the next few sessions: care after discharge, stigma, medication, mental health act, various illness

**Dates: 3rd Feb; 3rd Mar;
7th April**

Contact Jey at Carers Lewisham for more information

DEMENTIA ADVICE DROP IN

Open to anyone who cares for someone with Dementia, Alzheimer's, Memory Problems etc.

Come along and get professional specialist advice

and support.

**10.30-1pm Last Friday of
the month**

**Dates: 26th Feb; 26th
Mar; 30th April**

Contact Jey at Carers Lewisham for more information.

MASSAGE SESSIONS

Would you like to have a relaxing massage or reflexology? Open to ALL carers. To get on the waiting list or for more information please contact Bruce at Carers Lewisham.

**Dates: 29th Mar; 26th
April all at 10.30-12.30**

QUARTERLY

Your Rights as Carers

Come along and find out what your rights to benefits, services, support employment etc. are when you are caring for a mentally or physically ill or disabled friend, child, partner or other relative. Contact Sharon at Carers Lewisham for more information

**In 2009 the dates are:
Time: 10.30-3pm lunch
provided**

Tel: 020 8 699 8686

**Dates : 26th March;
11th June; 10th Sept.**

SUPPORT GROUPS

Jenner Group

Jenner Health
Centre
Alternate
Tuesdays
2:00 –3.45

South Lewisham Group

South Lewisham
Health
Centre. Alternate
Wednesdays
12.30-2.30

Rushey Green Group

Rushey Green
Group Practice,
Hawstead Rd ,
SE6.

Alternate
Tuesdays
2:00 –4:00pm

**For more info
Tel: 0208 699 8686**



Have a break, join one of Carers Lewisham's regular groups or activities



Support for Older Carers

TEA PARTY FOR OLDER CARERS 70+

Are you in this age group and caring for your wife, husband, child, partner or friend? Why not come to the Carers Centre- meet new people; have a break from your caring role; find out what support there is for you; how to go about getting a break from caring. We can provide transport and someone to sit with the person you are caring for, you can also bring the person you are caring for if this is difficult.

All take place at the Carers Centre
12.30 –3pm.

These are the dates for 2010:

Thursday 18 Feb;
Wednesday 24 Mar
Wednesday 14 April
Thursday 13 May

Please give Ulalee a ring for more information. 020 8699 8686

Lewisham Wins Bid for Dementia Carers

Lewisham has been selected by the Department of Health to become a national Demonstrator Site exploring new approaches to respite breaks for carers. The project will run over the next 18 months supporting 100 carers receive personalised breaks.

Laura Jenner, the project manager, said: "I am really pleased that Lewisham has been chosen. We know that the carers of

people with dementia and other complex conditions often shoulder the heaviest burden. With this new funding we can work with these carers to explore how personalisation and self-directed support can deliver breaks that are better for both them, and the person they care for. A carer's reference group, meeting monthly, will be absolutely crucial to share ideas and test out a range of approaches to short

breaks. The group will meet at Lewisham's Carers Centre."

If you care for someone with dementia and would like to join the project for increased support please contact Laura Jenner on 0208314 3863

DEMENTIA BID EVENT
Lewisham Carers Centre
Tues 30th March
10.30 –1.30
(lunch provided)
Come and find out more about the project

CARING FOR PERSON WITH NEUROLOGICAL CONDITION?

Are you from an African-Caribbean background?
Do you spend several hours a day caring for an adult aged 18-65 years old with a long term neurological condition?
Would you like to influence change in services that allow carers to take a break?

If the answer to these questions is "yes" then we

would like to hear from you.

We are a team at King's College London and have been commissioned by the Department of Health to find out about carers need for and experience of **replacement care services** (also known as **respite care**). We would like you to take part in an interview or a group discussion to help us do this.

If you are interested please contact **David Wil-**

liams on 020-7848-5418 or at david.williams@kcl.ac.uk or write to (there is no need to use a stamp):

Freepost RRLJ-JXEA-HYAS, LTNC Care Study, King's College London Palliative Care, Policy, and Rehabilitation, Weston Education Centre, Cutcombe Road, London, SE5 9RJ

Are YOU a Carer aged 25-45?

Calling all 25-45 years old carers. We would love to see you on the 8th February 2010 between 6-8PM here at the Carers centre in Forest Hill.

Come and tell us what service you would like us to provide for you.

Some say Belly Dancing, what do you say?

Together we can make a difference, do you

want to be part of this team.?

Contact Jackie OR Joan at Carers Lewisham Tel: 020 8699 8686 for more information

Employment and Training Service News

We're pleased to report that we have the go ahead to begin NVQ training here at Carers Lewisham. Nine carers are set to begin the programme. Some of them will be doing voluntary work, while others will be based with their current paid employment with support from the Employment and Training Service here at the Carers.

This represents a great opportunity for some carers to get help to prepare for paid work or work

more suited to their caring needs. For others it provides much needed career and professional development with opportunities for promotion and a chance to fulfil their true potential. This is really exciting as we believe we are the first carers centre to offer this type of training. We understand that each course costs in the region of £1500 per person. By working with a local training provider, MI Skills Development Centre based in New Cross, we can cur-

rently offer this free of charge to carers.

We are hoping that this will go well and lead to further opportunities for other carers to benefit from this type of training. If all goes well we hope to be able to offer this course again later in the year. If you would like to be considered for this or would like to find out more, call and speak to **Beverley. Tel: 020 8699 8686**

BE MORE ASSERTIVE IN 2010

ASSERTIVENESS WORKSHOP

Friday 29th January 2010

Do you care for an adult (aged 18 – 65) with Mental Health Problems such as Schizophrenia, Bi Polar Disorder, Severe Depression etc?

AND

Do you have difficulty dealing with authority figures?

Do you struggle to say No?

Do have difficulty expressing yourself?

If your answers to the above questions are YES why don't you bring about change in yourself

for 2010 and come to our Assertiveness Workshop here at Carers Lewisham on

**FRIDAY 29th January
10.30am – 3.00pm**

For more further information or to book a place at the workshop please contact Bruce on 0208 8699 8686

Healing Sessions

There will be another day of healing sessions on **Wednesday 27th January 2010 between 10:00am – 2:00pm** with healers from The Bromley Healing Group.

These sessions are proving popular so please book early to secure a

place. Contributions of around £5 would be welcome.

The healing is not based on any particular religious beliefs but harnesses the life energy that is in everything around us and promotes self healing.

To book a half hour healing session, please call Cathy on:

020 8699 8686

FUNDRAISING

We would like to thank

everyone who made donations to Carers Lewisham in 2009.

All donations are always very welcome and are used to support carers in Lewisham.

Carers Lewisham is very grateful to anyone who donates now or who thinks about us when making their Will.

THANK YOU VERY MUCH





Carers Lewisham
Lewisham carers Centre
Waldram Place
Forest Hill
SE23 2LB

DIARY DATES

27th Jan	Healing
29th Jan	Assertiveness
9th Feb	Your Views on Carers Lewi-
11th Feb	Form Filling
17th Feb	Parent Carers
18th Feb	Older Carers
3rd Mar	Carers Protest
30th Mar	Dementia Event

HEADWAY FAMILY INFORMATION DAY

Headway, the charity that helps families and unpaid carers understand the effects of brain injury are organising an information day:

24th February 2010

9.45-4pm

Trinity House Conference Centre

There will be presentations in the morning and workshops in the afternoon

Topics will include:

What happens when the brain is injured? What impact does it have on

families? Challenging behaviour and how to manage it, Taking Care of the carers, Benefits Information, Family Issues, Stress Management and Relaxation Techniques, Therapy taster session

For information contact Headway London Regional Coordinator

Annie Clacey Tel: 020 8858 56

Email: london.co-ordinator@headway.org.uk

What do YOU think about Carers Lewisham?

Come and tell us what you think of Carers Lewisham.

What can we do better?

What can we do differently?

What do you think are Carers Lewisham Strengths and Weaknesses?

How could we support YOU better?

Tuesday 9th February 11.30—1 pm at the Carers Centre

WARNING!!

We recently heard about a carer who contacted a company offering free benefits advice. The company visited, completed DLA and carers allowance forms. The company work on the basis that they are paid 45% of any back pay that the client receives from the DWP. The carer ended up paying the company £1500! They have no official address, just a website www.benefitanswers.co.uk and a PO box in Preston. Their website also asks for contact from clients going through the benefits appeals procedure which would indicate that they are likely to receive a high amount of back pay and are therefore vulnerable to end up giving almost half of it to this company. It does leave a rather uncomfortable feeling all round. If you need help with benefit forms there are organisations that do it for free. Contact Carers Lewisham for more information. Tel: 020 8699 8686

Parent Carers Coffee Mornings

Do you care for a child with disabilities? Want to meet others in the same situation?

We meet every 3rd Wednesday of the month to discuss issues in common and share

knowledge.

At the first session in 2010 we will be planning topics for the year – why not come along and have your say.

Wednesday 17th February 10:30 -12:30 all parent Carers welcome.

For more info: call Cathy on 020 8699 8686

IF YOU NO LONGER WANT TO RECEIVE THIS NEWSLETTER

Or you have moved house, please call

Carers Lewisham

Tel: 0208 699 8686

Please give us your name, full address and phone number so we can be sure we are removing the correct person from our list.

THANK YOU!