

icarelewisham

The Newsletter for Carers in Lewisham

LEWISHAM CARERS' HEALTH WEEK w/b Feb 16th 2015

Carers usually put their own needs at the bottom of the pile of things to do.

Carers' Health Week is your chance to think about you own health needs and have fun at the same time!

All activities at the Carers Centre in Forest Hill

Mon 16th February 10:00am– 1:00pm - Dyslexia Awareness Training.

Tues 17th February 10:30am – 12:30pm - Coffee Morning with a health topic.

Tuesday 17th Feb 1-2pm Relaxation Groups with EFT

Wed 18th February 10:30am – 12:30pm - Parent Carers get creative.

Thurs 19th February 10:30am – 12:30pm – Laughter and relaxation session.

Fri 20th February 10:30 am – 12:30pm – 'Make friends with your mind'– meditation and more!

Please book a place on: 020 8699 8686

or contact Cathy at Carers Lewisham for more information.

CARERS LEWISHAM ON YOUTUBE

Carers Lewisham have launched a brand new YouTube channel with lots of carers stories and helpful top tips from our fabulous staff members.

Take a look at the following link <http://www.youtube.com/user/CarersLewisham1>



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
9.30-4.30PM

EMAIL:

INFO

@CARERSLEWISHAM.ORG.UK

WEB:

WWW.CARERSLEWISHAM.
ORG.UK

FACEBOOK:

CARERSLEWISHAM

TWITTER:

ICARELEWISHAM

ADDRESS:

LEWISHAM CARERS CENTRE
WALDRAM PLACE
FOREST HILL
LONDON
SE23 2LB



carerslewisham

Supported by players of



**PEOPLE'S
POSTCODE
LOTTERY**

TWO RELAXATION DAYS FOR CARERS 2015

Thanks to the Postcode Lottery we are now able to arrange two more of our popular Relaxation and Pamper days for carers:

Wednesday 25th February 2015 10am – 1pm—for any carer.

Saturday 21st March 10am – 1pm—priority given to carers who are also in paid employment.

Come along and meet other carers, relax and have a massage or reflexology. Chill out and have some time for yourself! Light refreshments provided.

Contact Nicole at Carers Lewisham for more information or to book your place. Tel: 020 8699 8686

ADVERT



Harmony Home Aid Services Ltd

Providing Home Care, Respite and Sitting services to Children With Physical & Mental Disability and Older Adults in our community.

For more info please call: 0208 698 9911

Info@harmonyhas.co.uk

www.Harmonyhas.co.uk

Tweet: Harmony_Care

SHARE A HOME FOR CARE!

Are you looking for companionship and help around the house?

Carers in other areas of London have already discovered Novus Homeshare: this is a high quality scheme that matches younger people looking for affordable accommodation and who are willing to help out around the house for a minimum of 10 hours per week, with older or disabled people or couples who have a spare room and need some support.

Homeshare staff personally interview all applicants and visit your home to ensure they find the right match for you. The Novus Homeshare team focuses on the quality of their service and the personal touch. They undertake detailed checks and matching for all applicants to make sure that this arrangement works well for both parties. Your carefully selected lodger will rent a room in your home and provide you with ten hours care and support each week. A small fee to Novus Homeshare is paid monthly by both the Householder and their Homesharer for the matching and ongoing support. This type of live-in support doesn't replace a full care service, but can be used alongside care support. It also provides the peace and security of having someone there every night when perhaps family and friends aren't able to be.

Novus Homeshare is run by a consortium of London Carers' Centres, including Carers Lewisham. Contact the Homeshare team if you would like to know more; they will be happy to answer any questions you may have.

Telephone: 020 8868 5224 or 079 1480 8986

Visit: www.novus-homeshare.org.uk

Come and Party at Carers Lewisham!



Come along and have fun at our popular annual

Christmas Party,

All carers welcome!

Tuesday 9th December 2014
12.30 – 3pm.

Fun, Food, Music and More!

Let us know you are coming: 020 8699 8686

New - Relaxation Group with EFT (Emotional Freedom Technique)

Our therapist Kate writes: I have really enjoyed working with Lewisham carers for the past year providing one to one therapy sessions with lots of you - with some deeply rewarding and amazing results. I will be winding up the voluntary private one to one sessions in January and instead starting a regular relaxation group twice a month on Tuesdays at 1pm.

I will be offering an hour of deep relaxation and showing you some simple but highly effective tools and techniques you can take away and use yourselves. It is suitable for everyone and a great way to relax and hopefully have lots of fun too.

For those who would like to continue with one to one sessions I am delighted to offer a very reduced fee to carers - having been a carer myself I know how hard you all work! Please contact me for details. personalchangetherapy@gmail.com, www.personalchangetherapies.com

I hope to see lots of you at the groups for a lovely chill out.

Please call Carers Lewisham 020 8699 8686 if you would like to attend

FIRST AID TRAINING FOR CARERS

St John's Ambulance have put together some basic First Aid training specifically for Carers, we are one of a few pilot centres and the sessions will be adapted following your feedback and then rolled out to other Carers Centres.

**It will take place on Monday 26th January
10:00pm – 3:00pm at Carers Lewisham.**

*We will provide tea, coffee and biscuits
but you will need to bring your own lunch.*

It is advisable to book early as places are limited. Contact Cathy: 020 8699 8686 for more information or put your name down at reception.

REGULAR ACTIVITIES AT THE CARERS CENTRE

COFFEE MORNINGS
Every Tues 10.30-12.30

IT/COMPUTER CLASSES
Every Monday and
Wednesday am and pm
Classes
term time only

**PARENT CARER COFFEE
MORNINGS**
3rd Wed of every month
10.30-12.30
Dates: 17th Dec; 21st Jan;
18th Feb

EVENING ADVICE DROP IN
2nd Mon of the month 6-8
Dates: 8th Dec; 12th Jan 9th
Feb

MALE CARER SESSIONS
10.30 – 12.30 last Thurs of
the month
Dates: 29th Jan; 26th
Feb ;Mar 26th

**MENTAL HEALTH ADVICE
DROP IN**
10.30-12.30 pm 1st Wed of
the month
Dates: .7th Jan; 4th Feb; 4th
Mar

**DEMENTIA ADVICE
DROP IN**
3rd Thursday of the month
10.30-12.30pm
Dates: 18th Dec; 15th
Jan;19th Feb

YOUR RIGHTS AS A CARER
Date: 20th March
10.30-1.30

Lewisham MindCare Dementia Information and Support Service help people with Dementia living in the Borough of Lewisham. To enhance the support MindCare have a small pool of volunteers with a variety of roles and are always welcoming new volunteers. There are a range of volunteer opportunities:

- Befrienders to make home visits to people who cannot get out and provide valuable social contact;
- Supporting people to take part in group activities;
- Volunteer escorts to support people to attend hospital/medical appointments or community groups.

Mindcare are interested in male and female volunteers from all backgrounds and ages. No experience of supporting people with dementia is necessary as they provide full training.

If you would like to speak to their volunteer co-ordinator to find out more about volunteering, then call 020 3301 7770 or email info@mindcare.org.uk

Dyslexia Awareness Training

As a parent or carer would you be able to recognise a child who is dyslexic? To learn more about dyslexia and your child, come along to the Carers Centre on:

Monday 16th February 2015 10:00am-1:00pm

At the end of the course you will be able to:

- Recognise some signs and symptoms of dyslexia.
- Know how dyslexia can affect you or someone you know.
- Know how to support children and young people at home and at school.
- Know what assistance is available.

For more information or to book a space contact Cathy on 020 8699 8686 or leave your name at reception.

Face 2 Face emotional support for parents

Caring for a disabled child can be tough. When you're juggling work, household tasks and countless medical appointments for your child, there's little time left for you. Many parents feel alone and unsupported.

How they can help you

Face 2 Face is a free and confidential befriending service offering one-to-one emotional support for parents of disabled children or those with additional needs. The service is provided by trained befrienders who will support you to navigate through the worrying and confused experience of having a child diagnosed with support needs.

So if you are caring for a disabled child this service is for you. You can use the service even if your child has not been diagnosed. You'll meet a befriender who is a trained listener, there for you if you want to laugh, cry or simply let off steam about your day. All our befrienders are parents of disabled children, so they know better than most where you're coming from.

Sessions take place in your home, or at a nearby location of your choice, and last around an hour. You might want to meet your befriender just once or twice, or for a few months. You and your befriender will decide what's best for you.

To find out more or refer yourself or a parent contact Face to Face on:

Coordinator: Jennifer Cole

Mobile: 07436 790 013

Email: jennifer.cole@scope.org.uk

Keep Warm and Healthy in Winter

Many people, worried about fuel costs will ration their heating and electricity this winter but the reality is that this will have an impact on their physical and mental health. Every year in Lewisham 90 extra people die over the winter months because of the cold.

Keeping warm can help prevent colds, flu, heart attacks, strokes, pneumonia and depression. The chances of these problems are higher if you're vulnerable to cold-related illnesses because:

- you're over 65 you're on a low income you have a long-term health condition such as heart, lung or kidney disease
- you are disabled
- you are pregnant
- you are a child under 5 years old

If you fit into one of the above categories, or you know someone who does, you or they will be eligible for additional support through the Lewisham Warm Homes Healthy People scheme. It provides a free home energy check, free draught proofing, a free winter warm pack, free insulation and much more. To refer someone into the scheme complete the online referral form at www.lewisham.gov.uk/warmhomes or if you wish to refer yourself into the scheme contact the Energy Advice team at Lewisham Council on 020 8314 6339.

It's that time of year again!



Carers Lewisham would like to invite you to the Dementia Carers Christmas party here at the Carers Centre on:

Thursday 18th December 1- 3pm

So put on your glad rags, let your hair down, and enjoy a lovely afternoon full of fun and laughter...

Please ring to put your name down on the list

Looking forward to seeing you all!!



A Big Give thank you!

Thank you to the wonderful supporters who pledged between £100 and £300 for this year's Big Christmas Give Challenge. We hope to quadruple these donations during the online giving phase. You can donate online at 10am on 4th, 5th and 6th of December. No amount is too small and your donation could be doubled by our charity champion, Candis Magazine.



SKY DIVING FOR CARERS LEWISHAM!

Thank you and congratulations to Sabrina and Rosa who took part in a Skydive on November 8th to raise money for Carers Lewisham. These adrenaline junkies raised a whopping £960.44 including gift aid!

If YOU fancy the challenge call Tia at Carers Lewisham 020 8699 8686



Kaleidoscope Drop In Sessions

Carers Lewisham have partnered up with five other organisations supporting parent carers in Lewisham to offer regular drop in advice and support sessions in Kaleidoscope's resource area.

For a full programme look out for the flyers in Kaleidoscope or displayed in Carers Lewisham.

If you would like to be emailed or sent a copy of the dates please contact Cathy on 020 8699 8686.

Osteopathy

Low cost osteopathy is available at Carers Lewisham on Monday evenings between 4pm and 8.30pm.

Please call Carers Lewisham to book an appointment
020 8699 8686

PARENT CARERS NEEDED

Kaleidoscope Service Users Group- meets 4 times a year

This is a group of people, including parents, voluntary organisations and Kaleidoscope staff who come together to share experiences and to improve services in Kaleidoscope. The meetings deal with general building issues not individual matters. We really need to hear more Parent Carers' voices and experiences.

Next meetings: 15th January 2015

7:00 – 8:30pm 16th April 7:00 – 8:30pm at Kaleidoscope.

The meetings are currently evening ones, however if you let them know in advance, your child care and travel costs can be reimbursed.

**Please contact : Fiona Hurst email: Fiona.hurst@nhs.net or 0207138 1302
Or speak to Cathy on 0208 699 8686 for more information**

ADVICE AND INFORMATION AT CARERS LEWISHAM

Free Legal advice

Working in partnership with a firm of Solicitors, Burke Niazi, Carers Lewisham can now offer free one hour legal advice sessions on a wide range of topics at Carers Lewisham every Tuesday 10am – 12pm. Sessions must be booked in advance by contacting Carers Lewisham on 020 8699 8686.

IT Hub

Do you need help accessing advice and information on line?

Do you need help with claiming non-disability benefits online?

Funded by the Big Lottery, and in partnership with Advice Lewisham, we have launched an IT hub at the Carers Centre in Forest Hill, which will be open every Friday.

You can use our computers and trained Advice Lewisham staff / volunteers will be available to assist you.

Please note that this service is available only on Fridays at the times below:

- Morning session from 10am to 12:30pm
- Afternoon session from 1:30pm to 3:30pm.

These are DROP IN SESSIONS – **no need to book**

CARERS LEWISHAM—ONE STOP ADVICE AND INFORMATION HUB FOR CARERS

Carers Lewisham continues to offer **one stop advice and information support** to anyone with caring responsibilities.

We offer advice and information on the phone, by email and by appointment. If necessary we can visit you in your own home (mainly for elderly or disabled carers) or you can make an appointment at the Carers Centre in Forest Hill.

We can advise you about a wide range of caring-related matters including benefits, services, how to get a break, how to cope with challenging behaviours, dealing with difficult relationships, considering your own future, residential care, whether or not to give up your paid work or return to work, etc. etc. All our services and advice are delivered in an holistic way putting YOUR needs as the carer first and our services are FREE.

We are open Monday 9.30-8.30pm; Tuesday and Thursday 9.30-6pm (except during schools holidays when the phones shut at 4.30pm; Wednesday and Friday 9.30-4.30pm. **Tel: 020 8699 8686 or email info@carerslewisham.org.uk**

EMPLOYMENT & TRAINING SERVICE

Pathways to Employment Sessions: - These sessions support carers to develop skills and confidence in preparation for going back to work. If you could use some support to help you prepare to get back to paid employment, give us a call to register then come along on the dates below. You can increase your skills, knowledge and confidence and share your experiences with others, as you prepare to work when the time is right for you. The next sessions are: **Professional Pathways to Employment - 27.1.15 – 03.03 15 (excluding half-term w/b 17.2.15). Please note the new time of 12:45 – 3:15pm. Topics may include: Assessing Your Skills;; Addressing your Training Needs; Exploring the Job Market and Maximising your Income.**

1-1 Appointments : We can meet with you to help you explore your employment & training need and help you clarify your options, so you can set realistic and achievable goals. We offer advice & information and signposting. We can also offer appointments to support you, using Mentoring or Coaching techniques.

Computer Classes: There are still places available for all our computer classes as follows: Mondays 10:30am -12:30pm Word-File Management & 1:00pm-3:00pm Internet Skills; Wednesday 10:30am-12:30pm Power-Point & 1:00pm-3:00pm Introduction to Computers. Please call the Centre to book your place. We ask carers for a contribution of £10.00 per term per class.

CREATIVE CARING with AGE EXCHANGE

The Charity Age Exchange in Blackheath has 30 years' experience of running reminiscence and creative activities for people with dementia. Age Exchange are delighted to run a **new group** supporting 15 Lewisham residents with dementia, and their accompanying carer.

Sessions will run every Thursday from between 1pm-3pm at Age Exchange. These will include a wide range of activity including: thematic reminiscence activity, music and movement, arts and craft, baking, tea and cake...and when the weather picks up; trips out.

Activity is designed to enhance well-being and positive and enjoyable interaction for all participants.

please contact Age Exchange by calling either Suzanne Lockett or Alex Mustapha on 020 8318 9105 or email Alex at alex.mustapha@age-exchange.org.uk .

PARTICIPATION IN THE PROGRAMME IS FREE

Age Exchange at 11 Blackheath Village, London SE3 9LA (opposite Blackheath rail station. Buses 54, 89, 108 and 202 stop outside the Centre).

Thank You

Lauren Buckley was touched by the work of Carers Lewisham after watching "Britain's Youngest Carers", a documentary on Channel 4 hosted by Oritse from JLS. She raised almost £200 by baking lots of cakes for friends, family and colleagues at Watford Probation office and asking people to make a donation. " I had previously sent emails letting everyone know about your service and what a worthy cause it was. When people heard about the cause I was raising money for, friends, family and colleagues all came together to donate. I was over the moon".



DO YOUR CHRISTMAS SHOPPING ONLINE AND GIVE MONEY TO CARERS LEWISHAM AT NO COST TO YOU!!! ITS EASY! DOWNLOAD 'GIVE AS YOU LIVE' ON TO YOUR PC OR MOBILE DEVICE AND START SHOPPING!

<http://www.giveasyoulive.com/join/carerslewisham>



Thank you to everyone who has donated their clothes to us via Clothes for Charity. So far we have collected nearly half a tonne! You can request a bag through the website at <https://www.clothesforcharity.org.uk/charities/carers-lewisham/> or by calling 08000 282 622 remembering to tell them that you want to donate to Carers Lewisham. Simply fill the bag and then arrange for them to collect it.

DOWNING STREET VISIT



Our very own vice-chair, Brenda Thompson-Murray (L) attended a reception last month at 10 Downing Street to celebrate the work Carers and Health Professionals have contributed to the NHS service.

Do you care for someone with Dementia? Or Memory problems?

If you would like to have the opportunity to talk about any issues or queries you may have about dementia, come along to our Dementia Drop-in sessions.

Below are some of many areas we provide information and support:

- Information about the illness, e.g. the different types of dementia and how they affect people
- What services and support are available
- How to deal with challenging behaviour

Day Drop-in Dates:
3rd Thursday of every month
10.30-12.30pm

18th December, 15th January
19th February

Evening Drop-in Dates:
3rd Monday of every month 6-8pm
15th December 19th January

16th February

**BECOME A MEMBER OF CARERS LEWISHAM AND SUPPORT
LEWISHAM CARERS!**

Becoming a Member entitles you to have an official say in the running of the Charity; Vote at AGMs and show your support for our cause!

Your Name	
Your address	
Postcode	
Tel	
Email	
Date	
Signature	

Please note the amount of any donation here:

If you are a tax payer we can claim back money from the Government which increases the size of your donation. If you are a UK tax payer please sign below. **Thank you**

Signature:.....

**Please return your form to Carers Lewisham, Lewisham Carers Centre,
Waldram Place, Forest Hill, London, SE23 2LB**